January 30, 2023

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Woman's World

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Kristen Sellas

Study: Surprise spud swap stops insulin spikes

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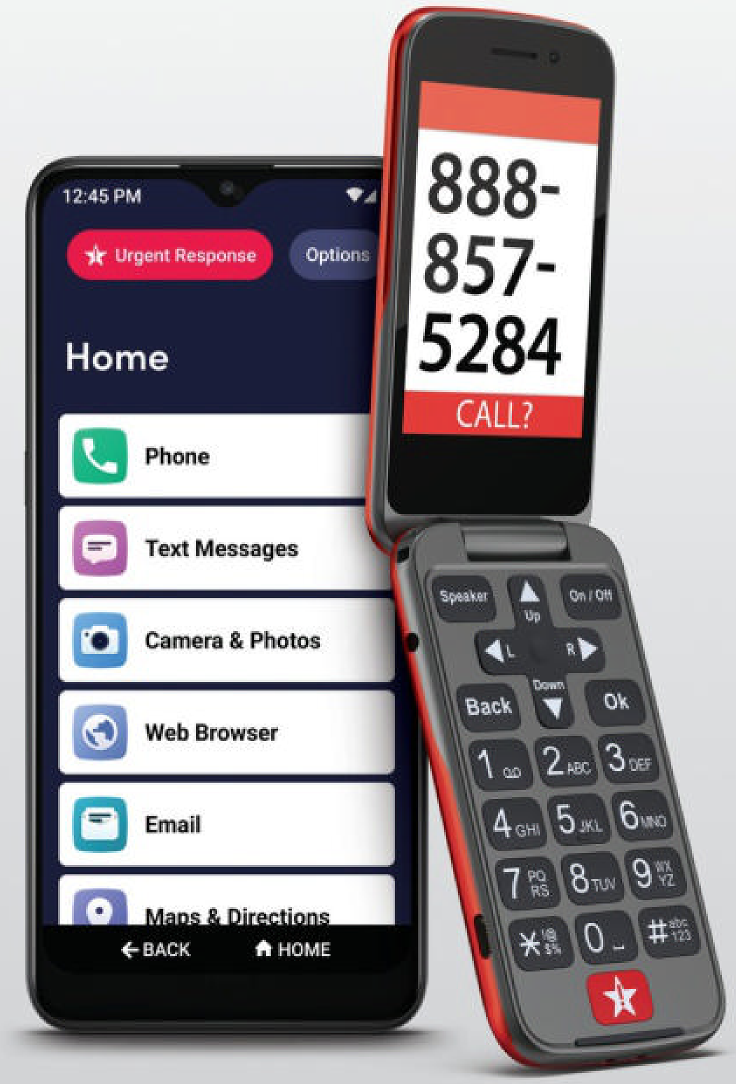

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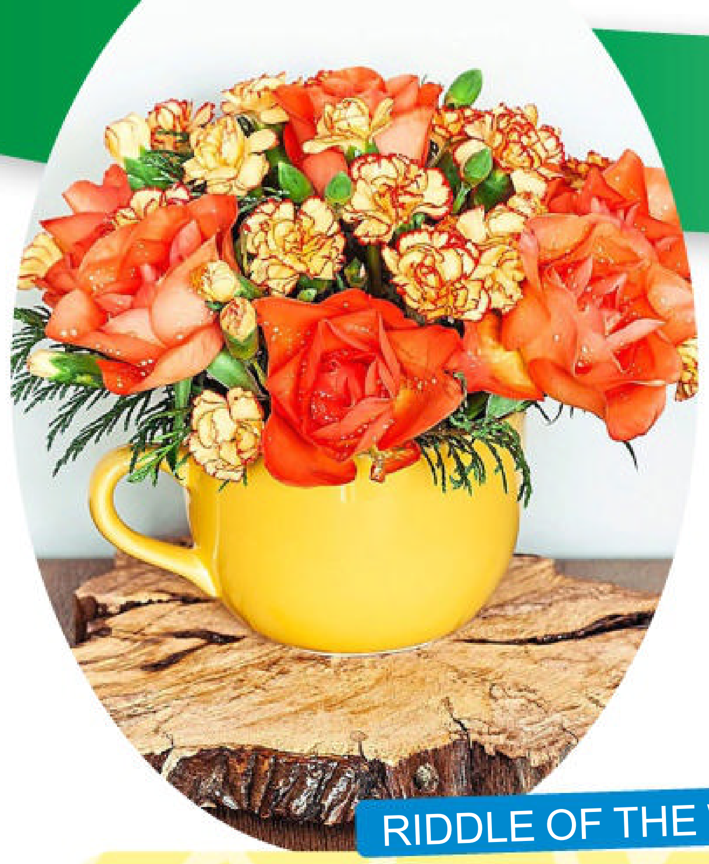
Fill your week



SUNDAY, JANUARY 29 NATIONAL CARNATION DAY

Feel happy all day!

It's easy to transform supermarket flowers from simple to surprisingly stunning by displaying them in an oversize coffee cup. **The easy how-to:** Fill a large mug with a cut-to-fit piece of soaked floral foam. Next, cut 8 orange roses, 12 yellow variegated carnations and a handful of evergreens (like cypress) to 6" to 7". Insert greenery into the foam around the edge of the mug, working toward the center. Then insert rose stems into the foam, spacing evenly. To finish, tuck clusters of carnation stems between the roses to fill gaps.

RIDDLE OF THE WEEK

Flipped

I'm the only place where today comes before yesterday. What am I?

Answer in lower-right corner

TUESDAY, JANUARY 31
NATIONAL HOT CHOCOLATE DAY

Relax & enjoy

Enjoy these tasty hot cocoa bombs from mother-and-daughter lifestyle blogger duo Kim and Kalee of KimAndKalee.com.

To make: Melt 1 (12 oz.) pkg. of dark chocolate chips, stirring until smooth. Spread a spoonful into 12 indents of a 15-part round silicone mold until coated. Reserve remaining chocolate; let mold set. Remove pieces from mold. Spoon 2 tsp. of instant hot cocoa mix each into 6 pieces, then add 2.5 Tbs. of mini marshmallows. Re-melt reserved chocolate. Dip the edges of the empty pieces in chocolate. Place on top of the filled pieces and press to seal. Use a finger to smooth chocolate around the seams. Drizzle with melted white chocolate; add sprinkles. To enjoy, place bomb in a mug and pour 1 cup of hot milk over bomb, then stir.

WEDNESDAY, FEBRUARY 1
NATIONAL GET UP DAY

You can do it!

Today is all about picking yourself up after a setback. The secret to bouncing back from tough times is to really consider your past successes, say researchers at the University of California, Berkeley. They had subjects play games that involved quick decision-making and found that the most emotionally resilient people kept their cool by drawing on past successes and focusing on what they'd done *right* instead of their mistakes. The researchers say this mindset results in a sharpened sense of judgment, so we can embrace future challenges and make wise decisions moving forward.

HELP A HERO!

Make little ones smile

If you have new stuffed animals (battery-free and under 20"), send them to Project Smile! The nonprofit organization provides them to emergency responders, who use the toys to comfort children who have been through traumatic events. Mail donations to Project Smile, P.O. Box 336, Hopedale, MA 01747.

with smiles!

MONDAY, JANUARY 30 NATIONAL CROISSANT DAY

Morning *mmm*!

Make your morning croissants (or toast) even tastier with homemade blueberry jam. This delicious recipe from the experts in the *Woman's World* test kitchen comes together in a flash, thanks to frozen fruit.

To make: In a large pot, mix 12 oz. of frozen blueberries (chopped) and 1⅓ cups of sugar; over low heat, cook, stirring occasionally, for 20 minutes or until mixture thickens. (Jam will thicken as it cools.) Remove from heat; stir in 1 tsp. of lemon juice. Let cool slightly. Spread over croissants. Divide remaining jam between 2 (8 oz.) heatproof jars. Seal with lids. Let cool to room temperature. Store in the fridge for two weeks.

THURSDAY, FEBRUARY 2 SELF-RENEWAL DAY

Unlock pure bliss

This uplifting holiday encourages you to find ways to give yourself a little TLC. A fun way to do so: Tap into your creative side! When researchers reporting in *The Journal of Positive Psychology* asked 658 people how creative they were daily for two weeks, they found that those who frequently engaged in creative endeavors (say, spending time on pursuits like art, music, writing or crafting) felt more relaxed and happier in their everyday lives than those who didn't engage in these activities. Those who did spend time on creative tasks also felt they were flourishing, or experiencing personal growth. Why? The researchers say engaging in creative activities improves our overall well-being—and this can make us even *more* creative!

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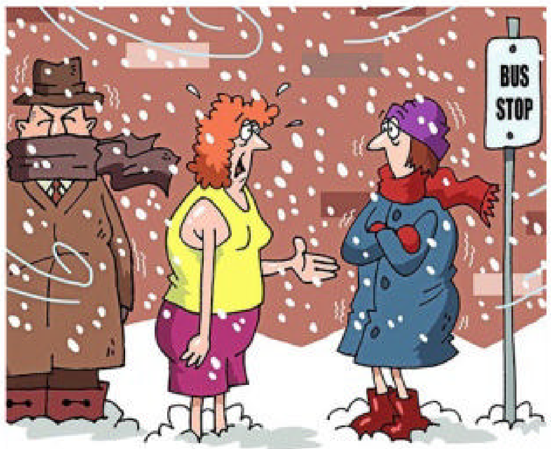
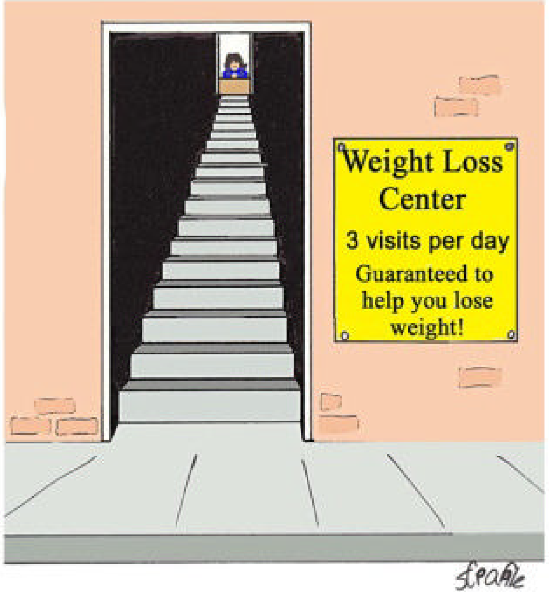
Start your week with a Laugh!



"On a day like today, I actually welcome the hot flashes!"

Q What happens to a frog's car when it breaks down?

A It gets toad away!



Kids are fUnNy!

One day at the grocery store with my nearly 3-year-old son, Dylan, I asked what kind of lunch meat he wanted for sandwiches. He said, "Some mommy!" It was only once he pointed to the salami in the deli case that I knew what he meant!

—*M.S., Chester, PA*

Answer: the dictionary

Relax and have

Shania kicks off her Queen of Me tour on April 28 in Spokane, Washington

MUSIC

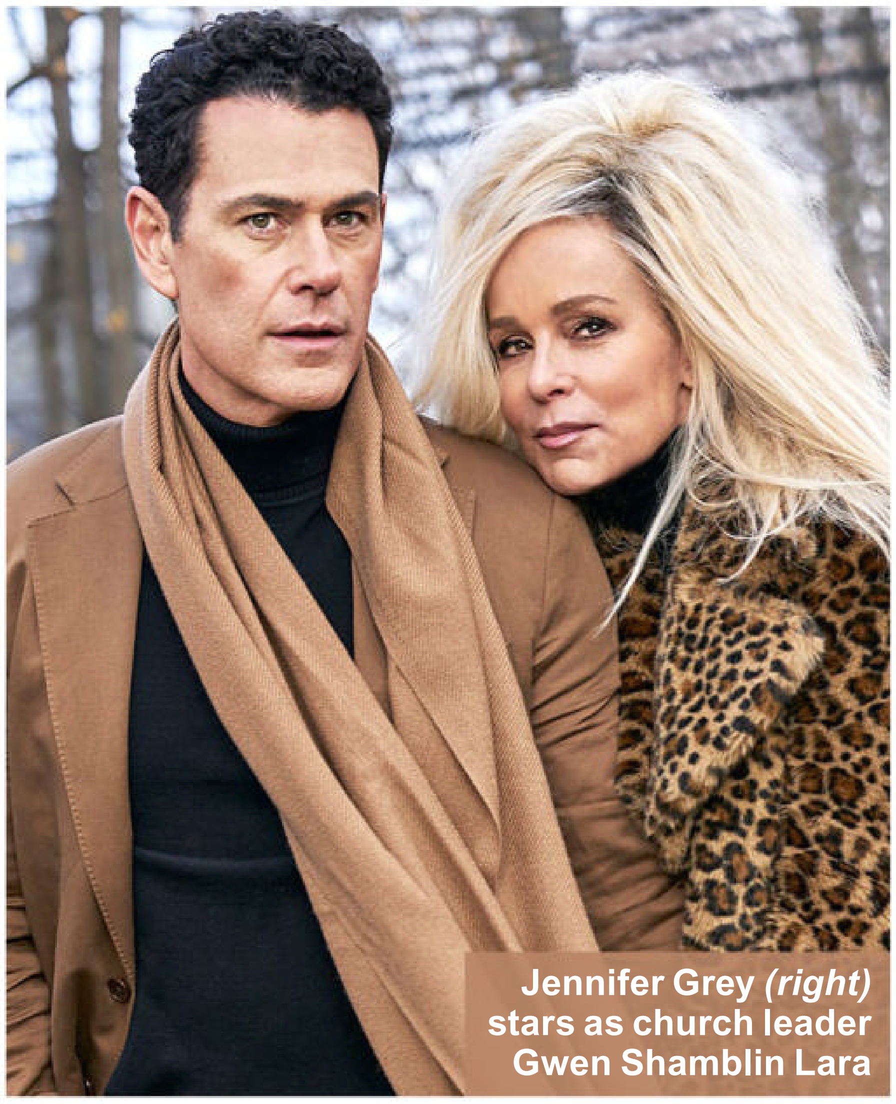
Get your toes tappin' with new music from Shania Twain!

It's been six years since country music star Shania Twain released new music, but the wait is over. On February 3, her new album, *Queen of Me,* will be released, featuring the single "Waking Up Dreaming" along with 11 more songs, including the energetic opening song, "Giddy Up," the passionate finale, "The Hardest Stone," and other tunes like "Best Friend" and "Pretty Liar." Shania will also hit the road on her worldwide Queen of Me tour on April 28. Get more information at ShaniaTwain.com.

LIFETIME

Be captivated with *Starving for Salvation*!

Lose yourself in this drama about the life of megachurch leader Gwen Shamblin Lara. As the founder of Remnant Fellowship Church and the Weigh Down Workshop—a successful Christian-based diet program—Gwen's power and influence grew as the church grew. She made members separate themselves from non-members and even banished those who were overweight. But in May 2021, Gwen's reign came to a tragic end when the plane her husband was piloting crashed just after takeoff. See it February 4.



Jennifer Grey *(right)* stars as church leader Gwen Shamblin Lara

(From left) Rita Moreno, Jane Fonda, Lily Tomlin and Sally Field star in *80 for Brady*

MOVIE

Go on a wild ride with *80 For Brady*!

Take a girls' trip to the 2017 Super Bowl with this new comedy that follows four friends—played by Rita Moreno, Jane Fonda, Lily Tomlin and Sally Field—who love watching the New England Patriots so much, they decide to go to the "big game." Problem is, they don't have tickets, so getting in is going to be a bit of a challenge. Thus begins their quest to get into the game with the help of chef Guy Fieri and football stars Rob Gronkowski and Tom Brady. In theaters on February 3.

Shutterstock; Paramount Pictures; Philippe Bosse 2022/A+E Network; Bob Mahoney/Netflix; ABC/Temma Hankin; Alamy (4); Getty

fun this week

Based on the 2016 book of the same name by Pauls Toutonghi

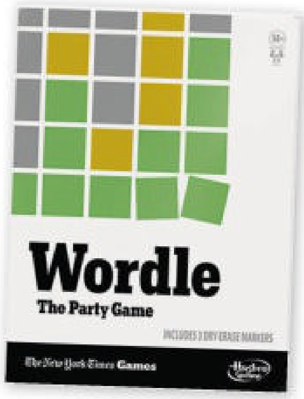
Give your spirit a lift with *Dog Gone*!

Fall in love with this heartwarming true story about a boy and his dog. Fielding Marshall and his dad, John (Rob Lowe), go on an epic quest to find their beloved dog, Gonker, after he disappears along the Appalachian Trial. Losing one's best friend is bad enough, but Gonker needs medication to survive. With the help of Fielding's mom, Jinny (Kimberly Williams-Paisley), and many kind strangers, Fielding and John stop at nothing to bring Gonker home, while also strengthening their own lost bond. Stream it now.

BOARD GAME

Boost your brain with the Wordle board game!

Challenge your vocabulary skills with this physical version of the popular word game. In each round, a player is designated as the Wordle host and writes down a secret word. Just like the virtual game, players have six attempts to try to guess a five-letter word. But in this game, players are competing against each other. The fewer tries a player needs, the fewer points they score. The player with the fewest points at the end of the game wins! The game can be played over and over again with dry-erase boards and markers and four different game modes. Perfect for ages 14 and up. $16, Target and Amazon.com.



Have a good laugh with *Not Dead Yet*!

Starting over is never easy, but newly single Nell Serrano is trying to give it a shot. A self-described disaster, Nell is working to restart the life and the career she left behind years before. Once a promising journalist, she's having trouble landing a new job. When she's finally hired for the only gig she can find—writing obituaries for the local newspaper—Nell starts getting life advice from very unexpected sources. See the premiere on February 8.

It happened *this week!*

- ***The Dukes of Hazzard*** debuted on CBS in 1979. Over 300 cars were destroyed during filming!

- **G.I. Joe action figures** went on sale for the first time in 1964 and featured each of the four branches of the U.S. military.

- Gustavus Dows patented a more advanced and modern form of the **soda fountain** in 1870.

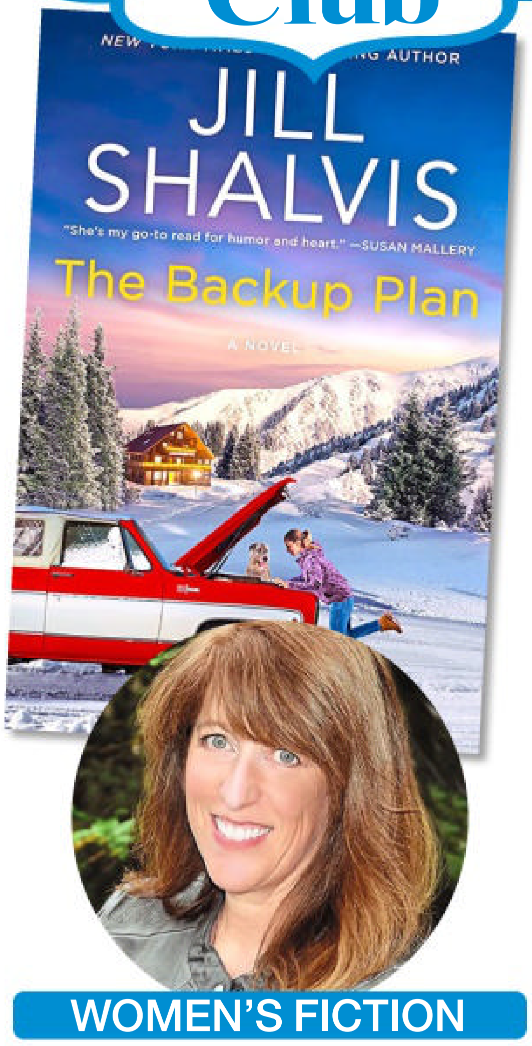
- **"I Want To Hold Your Hand"** by The Beatles was #1 on the Billboard charts in 1964 and sold 3.4 million copies in the U.S. alone.

- ***Sleeping Beauty*** was released in 1959. In the film, Princess Aurora only appears on the screen for about 18 minutes.

Woman's World
Book Club

This week's best new books

Fiction

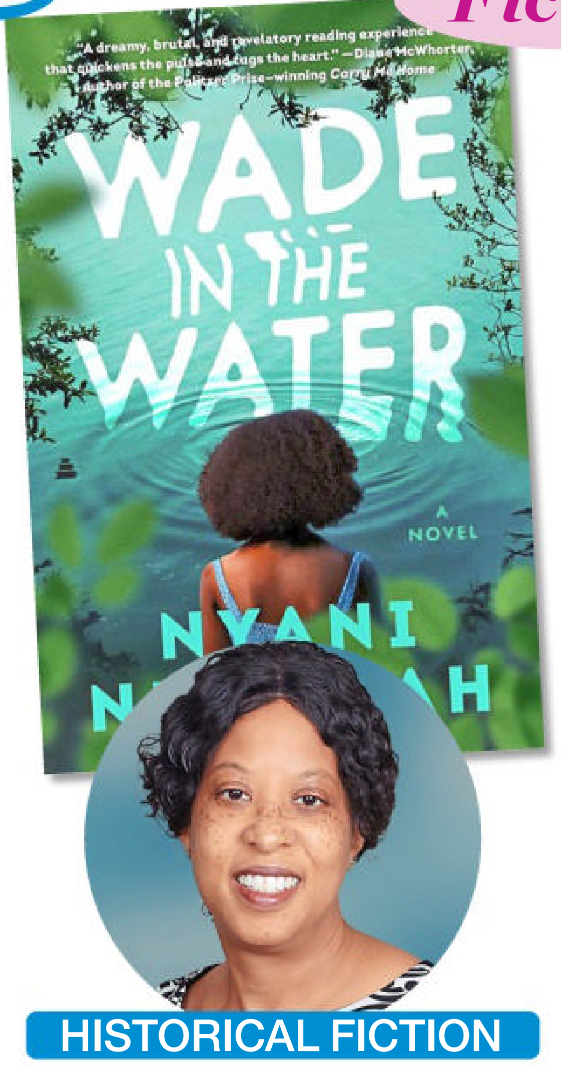

NEW ... G AUTHOR
JILL SHALVIS
"She's my go-to read for humor and heart." —SUSAN MALLERY
The Backup Plan
A NOVEL

WOMEN'S FICTION

The Backup Plan

by Jill Shalvis

Bestselling author Jill Shalvis has penned more than 50 tales, and her latest is a feel-good, heartwarming story of love and friendship. Alice is stunned to learn she inherited an old B&B along with two people from her past—her ex-best friend, Lauren, and the only man to ever break her heart, Knox. Now they must all work together to renovate the inn, or else they risk losing their inheritance. Before long, hearts begin to heal again.


"A dreamy, brutal, and revelatory reading experience that quickens the pulse and tugs the heart." —Diane McWhorter, author of the Pulitzer Prize–winning Carry Me Home
WADE IN THE WATER
A NOVEL
NYANI

HISTORICAL FICTION

Wade in the Water

by Nyani Nkrumah

Readers are transported to 1982 Mississippi in this richly captivating and emotional novel. Ella, a Black, precocious 11-year-old, meets Ms. St. James, a mysterious white woman from Princeton who appears in Ella's community to carry out some research. They become friends, and what follows is a heartfelt story—told in two voices—full of dangerous secrets, unlikely connections and what it means to carve out your own path.

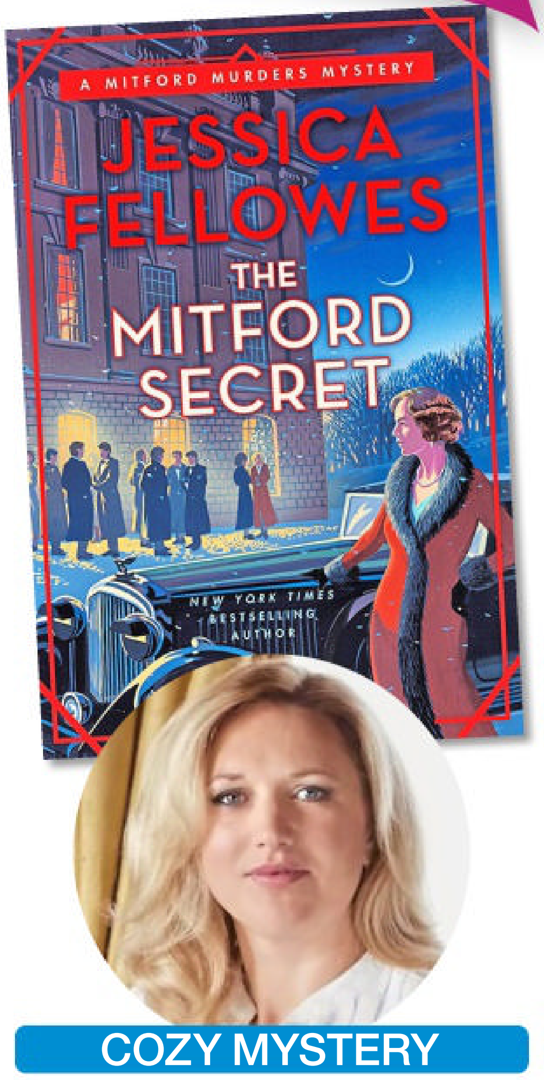
THE SECRET SCIENTISTS OF LONDON
a LOVE by DESIGN
"Smart is the new sexy, and Elizabeth Everett does both better than anyone else!" —ALI HAZELWOOD, New York Times bestselling author of The Love Hypothesis
a novel
ELIZAB ETT

ROMANCE

A Love by Design

by Elizabeth Everett

Dynamic characters, passion, charming banter and a second chance at love…this saga has it all! Margaret Gault returns home to London to establish England's first woman-owned engineering firm. But her endeavors are threatened by greedy investors and her irritatingly attractive old flame George Willis, the Earl Grantham. Will they remain disconnected or will they find a way to bridge their differences?


A MITFORD MURDERS MYSTERY
JESSICA FELLOWES
THE MITFORD SECRET
NEW YORK TIMES BESTSELLING AUTHOR

COZY MYSTERY

The Mitford Secret

by Jessica Fellowes

This intriguing historical whodunit begins in 1941 when Deborah, one of the Mitford sisters, hosts a party at Chatsworth with a glamorous guest list—including private detective Louisa Cannon. Then a psychic arrives and Deborah agrees to let her host a séance. But the psychic soon reveals a maid was murdered in the house. Louisa jumps on the case and digs up buried secrets as she unmasks the *real* culprit.

Nonfiction

KELLY SULLIVAN WALDEN
"Brave and innovative!" Aspen Matis, bestselling author of Girl in the Woods
A Crisis Is a Terrible Thing to Waste
THE ART OF TRANSFORMING THE TRAGIC INTO MAGIC

A Crisis Is a Terrible Thing to Waste *by Kelly Sullivan Walden*

None of us gets through this life without our fair share of heartbreak and mishaps, but award-winning, bestselling author Kelly Sullivan Walden has come up with a four-step process to turn our "tragic to magic." Sullivan (also known as "Doctor Dream" based on two decades of guiding others in interpreting their dreams) draws on anecdotes from her own life to give actionable, inspirational advice for reframing even the most devastating setbacks. With wit, humor and compassion, Sullivan helps us turn life's lead into pure gold.

"I realized that every time I multitask, I steal my presence away from the present…I'm the thief who steals precious time from myself that I can't get back"

Susan Zweigle, ZR Studios; Asa Shutts; Sarah Weal

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“One act of love

Searcy Hughes always knew she’d been adopted as an infant and that she had been delivered by a kind man who had stopped to help her birth mother when she went into labor on a San Francisco street. For years, Searcy longed to thank him, and after countless failed searches, she finally lucked out—and a once-in-a-lifetime connection blossomed!

“He brought me into the world. We are family,” says Searcy *(left)* with Patrick

◀ Patrick *(right)* and Searcy *(left)* met on the sidewalk where she was born. He shared details and her birth mom’s name

On November 25, 2019, 31-year-old Searcy Hughes nervously scanned the note she had constructed on Facebook. *I was born on June 29, 1988, in San Francisco, California. I was also adopted in December of that same year. You are the man who caught me as I was born. I don’t know how to adequately thank you, but from the bottom of my heart, I mean it…*

Searcy’s heart jackhammered, imagining the stranger she’d thought about for so many years reading her words. Would he answer? Hope surged through her as she hit send.

Searching for a hero

Adopted into a family of five children, four others having been adopted as well, Searcy was raised in Shenandoah Valley, Virginia. She was told she was born on a front porch aided by the man who lived there. That her mother, an addict, was alone in the world and had died days later due to complications from her addictions. Given the bleak details, Searcy never felt a pull to search for any biological family. But the longing to thank the man who had been the first to hold her grew stronger.

She Googled “baby born on porch” and “baby born on street in San Francisco in 1988,” but nothing ever came up. Finally, a friend searched old newspaper archives and found a *San Francisco Chronicle* article.

Her mother hadn’t been identified, but the man was Patrick Combs, and he had delivered Searcy on a sidewalk. His social media revealed he was now a well-known motivational speaker and author. Searcy found his website and videos where he spoke to groups about that fateful day. So she took a chance and reached out.

Two days later, Patrick replied. *OMG! I have waited 31 years, hoping for this moment! You look so much like your mother…you have her eyes!* Floored, Searcy knew she had to meet this bighearted hero.

Shutterstock

changed my life!”

A blessed friendship

The pandemic delayed their reunion, but after two years of Zoom visits, on an August day in 2022, Searcy, a prison guard in South Dakota, met Patrick on the San Francisco street where she’d been born.

The 56-year-old had always thought of the baby he’d delivered, wondering how she was, silently wishing her a happy birthday every June 29. As they finally came together, they shared a loving embrace.

“She was lying right there,” Patrick motioned, pointing to the sidewalk. He explained he was 22 years old, on his way to work, when he saw a distraught pregnant woman lying on the sidewalk alone. Seeing nobody stepping up, Patrick knelt beside her. He called 911, but before the ambulance arrived, the baby was born—a new life in the palm of his hands.

> *“Having this great family and support system makes me feel like I can accomplish anything!”*

“I need a moment,” Searcy uttered, shedding pent-up tears as Patrick hugged her. She then asked the question she’d buried deep inside. “Do you happen to know my mother’s name?”

“Bonnie,” he responded.

Searcy felt a stirring in her heart.

Searcy spent the day with Patrick and his girlfriend, Polly, touring San Francisco. When they shared their goodbyes, both knew in their heart of hearts that their friendship would last forever.

Now that she knew her mother’s name, Searcy felt a connection and went on 23andMe, which led her to her mom’s sisters, Angele and Beverly, and her maternal grandmother, Patricia, as well as her half-brother, Ryan, and his wife, Susie. At their emotional reunion, she learned her mother had been deeply loved, and that her birth family had searched for her and her baby for years. Knowing that gave Searcy some much-needed comfort.

Today, 34-year-old Searcy, her birth family and Patrick all stay in close contact, relishing their newfound bonds.

“Searcy feels like extended family to me,” Patrick says. “I can’t say what I’d be like if I’d never stopped to help deliver Searcy, but I can say that because I did, my heart is bigger and full of love.”

Searcy is currently planning a move to California to be close to her family and Patrick. “Now, having this great family and support system makes me feel like I can accomplish anything,” she beams. “I hope Patrick knows how much I love and cherish him. He has changed my life forever with his love and compassion.” —*Diane Nichols*

Baby Searcy and siblings

Searcy with her biological grandma

3 surprising ways to find someone from your past

1 *Comb the web*

With more than 68% of adults signed up for social media profiles, finding a long-lost friend is often just one click away! Simply log on to Pipl.com, create a free profile, then type in their name, address, phone number or email to search databases from all social media sites and “non-typical” sites with data from documents, job search sites and public records.

2 *Dive into genealogy*

Bring your family’s history to life by visiting FamilySearch.org and creating a free account. Type in the name of a specific ancestor, search cities in the catalog and look up your family tree in the genealogy directory to start collecting information about your family’s history and to make it easier to find and reconnect with long-lost loved ones.

3 *Check the library*

In most states, an updated listing of the name, address, age and occupation of every resident of the town is required annually, and it’s freely available at your local library. Even better: Many new online databases store this information too. Check out the public records directory at BRBPub.com to search any state across America.

We’d love to print *your* inspiring story! Email the story with your name, phone number and a current photo to: WWFeatures@WomansWorldMag.com. Or mail it to: Scoop, *Woman’s World,* 270 Sylvan Ave., Englewood Cliffs, NJ 07632. By submitting your story, you are granting *Woman’s World* permission to use it and your photo in the print magazine, on our website and/or in future special issue publications. Due to a high volume, we are unable to return submissions received.

Cozy & casual

From errand-running to winter-strolling, this laid-back style perfectly combines fashion with function

Jennifer Garner

Steal Jennifer's style! Vibrant camo-print leggings expertly conceal lower-body jiggles

Get the look for less: **$70, BuffBunny** (BuffBunny.com, "Legacy Legging")

Too-cute paisley-print statement scrunchie holds hair back while on the go ▸

$24, Alo (AloYoga.com, "Bandana Oversized Scrunchie")

▴ Lightweight quilted bomber jacket keeps out the cold without adding bulk

$118, Aerie (AE.com, "Quilted Bomber Jacket")

▴ Tech-friendly gloves make for easy phone access while keeping hands toasty outdoors

$18, Aerie (AE.com, "The Hugger Tech Gloves")

Sleek vest comes with a detachable hood for two comfy looks in one ▸

$65, Magnolia Boutique (IndieFashionBoutique.com, "Sweatshirt Hooded Olive Vest")

High-top sneakers have a 3" hidden wedge heel for long, lean-looking legs without sacrificing comfort ▸

$50, Dolce Vita (DSW.com, "Zanza High-Top Sneaker")

in athleisure!

Moisture-wicking, soft-stretch leggings are available in 6 fun colors and come in sizes XXS–6XL
$92, Girlfriend Collective (Girlfriend.com, "Emerald Luxe Legging")

Sherpa-covered cap has an adjustable back slider to fit any size head with ease
$5, Shein (Shein.com, "Solid Fuzzy Baseball Cap")

Bold sports bra's built-in shelf offers 'the ladies' lift and support
$24, Aerie (AE.com, "The Hugger Keyhole High Neck Sports Bra")

Funnel-neck sweater pairs well with everything from jeans to leggings
$40, Denim & Co. (QVC.com, "Comfort Zone Baby Sherpa Funnel Neck Pullover")

Metallic crossbody bag holds a water bottle, phone, cash, credit cards and more for hands-free movement all day
$49, Wanderfull (WanderfullBrand.com, "Gold Metallic Wanderfull HydroBag with interchangeable strap")

Sporty sneaker boasts memory foam–cushioned insoles to fend off foot pain
$85, Skechers (Skechers.com, "Uno -Shimmer Away")

Instar. Text: Maggie Dillard

Feel-good extras for an on-the-go boost!

To stay entertained

Musicozy Bluetooth Ear Muffs ($25, Amazon.com) keep ears warm while synching with your phone so you can listen to your favorite music or podcast while out and about.

To track your activity

Stay on top of your everyday health and wellness by counting your steps and monitoring heart rate, calories and sleep with the iTouch Active Smartwatch (Target, $30)! Bonus? It doubles as a colorful watch or bracelet!

To feel fresh and dry

Got sweatier than anticipated? Stash some Megababe Body Dust ($10, MegababeBeauty.com) in your tote and sprinkle where needed. Its arrowroot and cornstarch soak up moisture, and aloe and chamomile fend off irritation!

Tropical

There's no need to hop on a plane to experience the relaxation of a tropical getaway! You can escape the season's long, dark days by heading to your bathroom and pampering yourself pretty with these simple, island-inspired beauty treatments

Nix dandruff *with a tea tree oil 'serum'*

Extracted from tropically grown tea trees, the oil's antibacterial properties kill dandruff-causing fungus fast. And pairing with antioxidant-rich avocado oil helps soothe any itching-related irritation—stat.

■ **TRY IT!** Combine 5 drops of tea tree essential oil and 1 Tbs. of avocado oil. Massage onto a clean scalp before bed, then rinse out in the morning.

beauty secrets

Smooth wrinkles *with a hibiscus facial*

Compounds in Hawaii's state flower inhibit the enzyme that breaks down skin-firming collagen to reduce fine lines. Boost the benefits by mixing with coconut oil, which plumps skin to "fill in" creases.

■ **TRY IT!** Mix 1 Tbs. each of cold hibiscus tea and coconut oil. Apply to face and let sit 15 minutes; rinse.

Heal chapped lips *with a honey mask*

Leatherwood honey, which is native to the tropical rain forest of Tasmania, draws moisture into lips to rehydrate and soften them, while its high antioxidant content and antiseptic agents work together to mend cracks and ward off infection. Combining with olive oil (its fatty acids moisturize) speeds the results.

■ **TRY IT!** Mix ½ tsp. of leatherwood honey (like Tasmanian Leatherwood Honey, Amazon.com) and 2 drops of olive oil. Dab on lips at bedtime; let absorb.

Soften rough patches *with a rice flour scrub*

The rice flour base of a *lulur* scrub—a pre-wedding ritual in the tropics of Bali—sloughs off dead skin cells to soften dry patches. Even better? The scrub also contains turmeric (it brightens) and yogurt (it deeply moisturizes) for youthful-looking skin in no time.

■ **TRY IT!** Combine ½ cup of rice flour, 4 Tbs. of yogurt and 1 Tbs. of turmeric. Massage onto damp skin for 1 minute; let sit 5 minutes before rinsing.

Slim a double chin *with a coffee compress*

Thanks to its diuretic caffeine, when used topically, coffee (a common product of the tropics) flushes away excess chin-bloating fluids.

■ **TRY IT!** Soak a washcloth with cooled, brewed coffee, place on the chin for 10 minutes, then rinse.

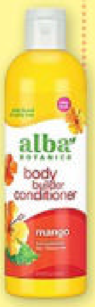
Tropical picks that help you beat the winter blues!

Stressed?

Try a coconut soak, like Herbivore Botanicals Coconut Milk Bath Soak (Kohls.com). The fruit's fragrance is known to ease worries in seconds, and its antioxidants soothe rashes.

Feeling blah?

Opt for a mango conditioner, like Alba Botanica Conditioner Mango (Walmart.com). Mango's sweet scent promotes joy while its fatty acids increase strand shine.



Fatigued?

Pick a lime body wash, like Le Petit Marseillais Shower Gel Mandarin & Lime (Amazon.com). The citrus aroma boosts alertness and the citric acid nixes acne.

Le Petit Marseillais

Shutterstock (2); Jump (2); Amber Gray Photography; Adobe Stock (3). Text: Lauren Blum

Natural ways to

Easy cures for hibernation syndrome

Feel like curling up on the couch, noshing on carbs all day and doing nothing else? Us too! And for good reason: During the darkest days of winter, our body's production of the brain chemical *serotonin* drops by up to 75%. And serotonin not only curbs carb cravings by as much as 80%, it also ups energy, immunity, mental clarity and midsection fat burn! To feel more like yourself again…

✓ Spoon up clam chowder

Fish such as tuna and salmon are rich in B-12—and clams actually boast more of the vitamin per serving than any other food—a whopping 1,868% of the daily value! That's key since B-12 is used by the body to make serotonin. And Canadian research suggests that keeping your levels of B-12 topped up doubles serotonin levels. Other great ways to get a boost: Enjoy beef, chicken, eggs, yogurt or cheese.

✓ Laugh out loud

Whether you laugh along with your favorite sitcom or giggle with your grandkids over a game of Go Fish, tickling your funny bone delivers a hefty serotonin boost. A Japanese study found folks who laughed for 30 minutes weekly increased their serotonin levels by 40% in four weeks! Experts say laughter stimulates cells in the brain stem that produce serotonin.

✓ Treat your feet

A foot massage does more than revitalize tired tootsies: According to research out of Korea, giving your feet an end-of-day rubdown sends serotonin levels soaring by an impressive 177% in just 12 days. Investigators explain that activating nerves in the feet lowers levels of *cortisol,* a stress hormone that impedes serotonin release.

✓ Supplement with saffron

You may already love cooking with the vivid spice saffron, but taking it in supplement form (150 mg. daily) can boost serotonin levels by up to 70% within 12 weeks. So say researchers reporting in the journal *Physiology &Behavior,* who explain that a saffron compound called *safranal* protects brain cells against damage that can sabotage serotonin production. One to try: NAOMI Saffron Hunger Control (NaomiW.com). —*Melissa Gotthardt*

Lightened-Up Clam Chowder

This creamy soup doubles your serotonin levels

- 4 slices bacon, diced
- 1 onion, chopped
- 2 (14.5 oz.) cans sliced new potatoes
- 3 cups skim milk
- 3 Tbs. olive oil
- 2 (10 oz.) cans minced clams

1 In large pot over medium-high heat, cook bacon, stirring, until crisp, 2–3 min. Add chopped onion; cook 5 min.

2 Stir in potatoes, 1 cup water, ½ tsp. salt and ½ tsp. pepper; bring to a boil. Reduce heat to low; simmer, uncovered, 15 min. Add milk, oil and clams; cook 5 min. *Serves 8*

Note: Check with your healthcare provider before supplementing

This week's Radical Health tip

The simple way to BLAST BELLY FAT

To speed weight loss on *any* diet, eat a few artichoke hearts. Many of us have a liver that's clogged with toxins and fatty deposits, disrupting the organ's ability to metabolize stored fat efficiently. Artichokes to the rescue! These natural detoxifiers (especially the hearts) are loaded with liver-protecting *flavonoids* that enhance the output of bile, an emulsifying fluid key to digestion and the breakdown of fats. This primes the body to melt fat around the midsection. I love tossing artichoke hearts into chicken soup or salads, and recommend consuming ½ cup daily.

courtesy of Ann Louise Gittleman, Ph.D.

To receive 3 free Wellness Guides, order her new book, *Radical Longevity,* at RadicalLongevityBook.com

Let music make you healthy!

Your favorite tunes can do much more than just help snap you out of a funk. Harvard scientists say sound has been used for centuries to boost health, and cuing up certain songs can give your health a 'tune up'!

Feel no pain *with soothing strings*

Whether your back is hurting or your joints are aching, tune into a classic music station while going about your day and you'll reduce body-wide aches, suggests a new study in *Science.* Researchers found that when they played orchestral music (specifically Bach's "Réjouissance"), subjects' pain scores dropped by 66%. The trick: The effect only happened when the music was played at a "sweet spot" volume of 50 to 60 decibels—the pleasant level of low background music you might hear in a fine-dining restaurant or elevator. Scientists suspect this level of sound distracts the brain just enough to tamp down transmission of pain signals.

Boost heart health *with gospel tunes*

Gospel music is famous for how it makes the heart soar, and University of Maryland research suggests its joyful sounds do more than just lift your spirits: Listening for 30 minutes daily boosts heart health on par with an Rx! Research in *Circulation* found that folks who hear joyous music they love (Christian contemporary and inspirational tunes work too!) improved blood-vessel dilation by 26%, easing stress on the heart. Harvard researchers say the brain processes sound in the same region that regulates heartbeat and breathing, so hearing uplifting sounds triggers the body to slow your heart rate, breathing and blood pressure.

Lose weight effortlessly *with mellow music*

At dinner, cue up your favorite slow songs, like The Beatles' "Norwegian Wood" or Pink Floyd's "Speak to Me." Doing so automatically slows your eating by 58% to match the pace of the music, say Danish scientists. Eating slowly gives your brain time to register that you're full so you don't overindulge. The payoff: Related Cornell University research finds you'll eat 18% less food without trying. —*Ann Green*

News! Outsmart the diabetes 'germ'

A study in *BMC Gastroenterology* found high levels of *H. pylori,* a GI bacteria known to cause peptic ulcers, can increase diabetes risk by 43%. And while at least half of us harbor *H. pylori* and don't know it, there's good news: You can keep the bacteria from invading and oust it if it's already set up shop

Shutterstock (2); Getty (2)

✓ Sip cranberry juice

Cranberry juice is rich in *proanthocyanidins,* plant compounds that combat *H. pylori* by keeping the bacteria from latching on to the stomach lining. So say experts reporting in the *Journal of Gastroenterology and Hepatology,* who found that when folks with *H. pylori* drank 2 cups of cranberry juice daily for two weeks, they were 172% more likely to test negative for the bacterial infection than those who didn't sip the juice.

Is it *H. pylori*?

If you have one or more of these symptoms, *H. pylori* could be the cause. See your doctor if home remedies don't provide relief:

- Bloat and burping
- GI pain
- Heartburn
- Nausea
- Vomiting
- Loss of appetite

✓ Gaze out the window

Watching the antics of the birds at your feeder or the sun glistening off snow ushers in calm in as little as 10 minutes—a benefit that can thwart *H. pylori* growth by 72%, findings in *Stress* suggest. Experts say taming tension lowers levels of *epinephrine* and *norepinephrine,* "fight or flight" hormones that help *H. pylori* thrive.

✓ Drizzle 'liquid gold'

Savor bread dipped in extra-virgin olive oil or drizzle the oil over pasta. Spanish scientists say the "liquid gold" is so toxic to *H. pylori* that including 2 Tbs. in your daily diet helps destroy even drug-resistant strains of the bacteria in 10 weeks. Credit goes to the oil's antibacterial *phytochemicals.*

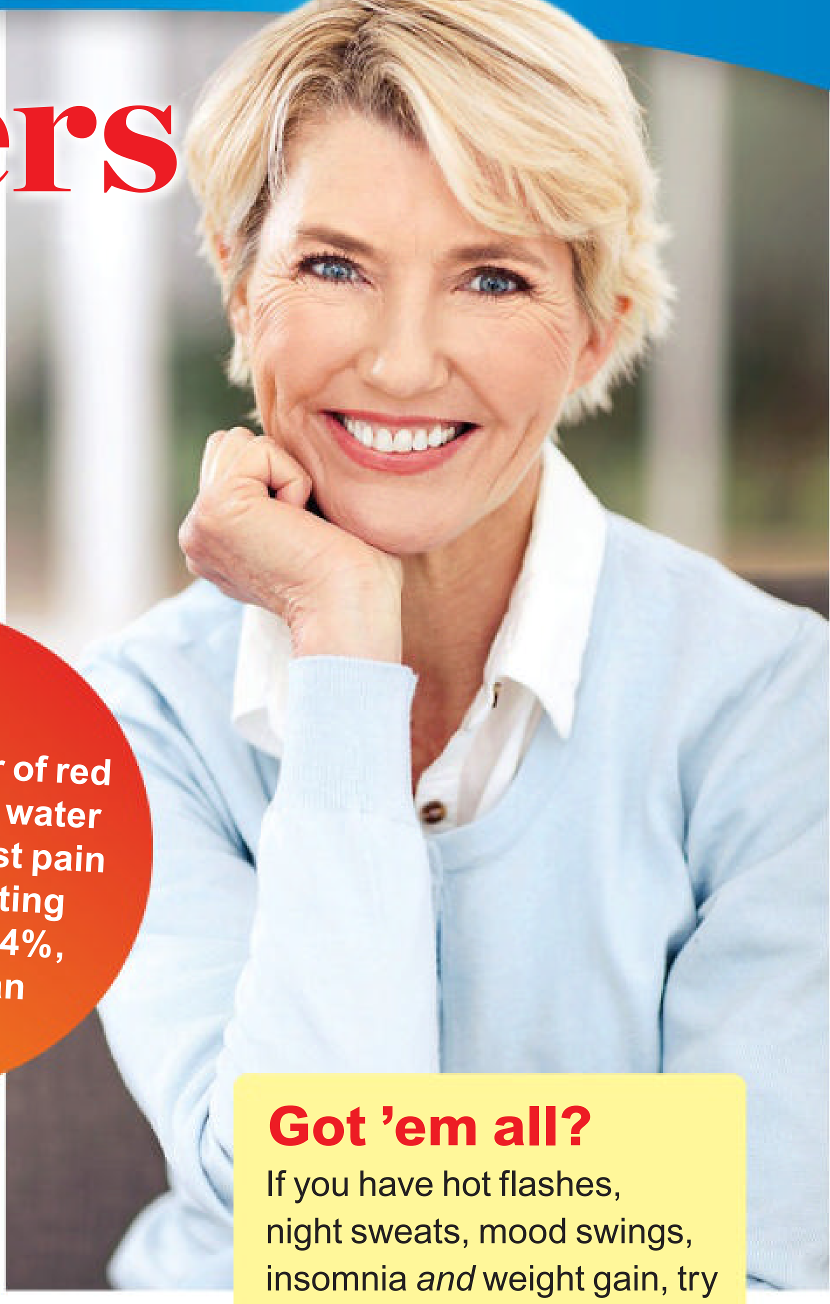
✓ Try licorice *this* way

Taking 150 mg. of *deglycyrrhizinated licorice* (DGL) daily kills *H. pylori* in eight weeks, suggest *Evidence-Based Complementary and Alternative Medicine* findings. Licorice's *glabradin* inhibits the action of enzymes that *H. pylori* relies on to reproduce. Try: Nature's Way DGL (iHerb.com). —*Melissa Gotthardt*

More natural health news

Cure meno-bothers *without meds!*

Hot flashes, mood swings, insomnia…85% of women over 50 have at least two menopausal symptoms daily. And many linger 10 years after menopause. Luckily, you can quash *your* bothers…

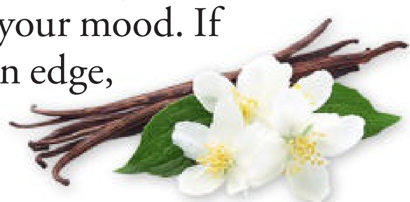


Shrink a meno-belly

Vitamin D-3 (which acts as a natural hormone) whittles your middle as effectively as hormone replacement therapy! Italian scientists found women who boosted their levels of D shrunk their waistline at more than twice the rate of those who didn't take D. Plus, they as much as quadrupled postmenopausal weight loss. Aim for at least 600 IU of D-3 daily.

Restore calm

Bothered by irritations you'd normally brush off? Estrogen prods your brain to produce feel-good hormones like *serotonin.* And when estrogen levels plunge, so can your mood. If you're feeling on edge, take a whiff of vanilla extract. University of Illinois research suggests the *vanillin* in both artificial and natural vanilla boosts mood-lifting hormones as effectively as antidepressants.



Cool hot flashes

Declining estrogen throws your internal thermostat off-balance. The fix: Add 1 bag each of mint and sage tea to a cup of hot water and sip twice daily. Mint's TRPM8 protein tricks the body into feeling cooler from the inside out, say USC scientists. And an *Advances in Therapy* study found estrogen-like compounds in sage balance hormonal shifts, cutting moderate hot flashes by 79% and eliminating 100% of severe flushing in eight weeks—that's as effective as low-dose estrogen treatments.

Tip!

Taking a dropper of red clover extract in water daily eases breast pain caused by shifting hormones by 44%, say Australian scientists

End insomnia

A downshift in the production of brain-calming *GABA* leaves 61% of menopausal women unable to quiet their mind sufficiently to sleep soundly. But simply supplementing with 300 mg. of GABA before bed helps women fall asleep 57% faster in four weeks, according to a *Journal of Clinical Neurology* study. —*Ann Green*

Got 'em all?

If you have hot flashes, night sweats, mood swings, insomnia *and* weight gain, try black cohosh. A Mayo Clinic study found that the herb cut hot flashes by up to 71%, and Italian scientists say it tames other symptoms as effectively as prescription estrogen. Black cohosh brims with *estrogenic sterols* that your body uses to make symptom-soothing hormones.

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Stay Young *with* **WW**

Look younger in a blink!

Full, lush eyebrows and eyelashes are a sign of youth since they often become sparser with age. Here, two easy ways to thicken them and turn back the clock!

For fuller brows: Opt for a castor and argan oil "serum." Castor oil's *ricinoleic acid* increases blood flow to stimulate hair follicles and keep them in an active growth phase, while argan oil's vitamin E strengthens hairs to thwart fall-out. *To do:* Mix 1 Tbs. each of castor oil and argan oil, saturate a cotton swab and apply onto clean brows nightly to thicken them within 30 days.

For voluminous lashes: Try brushing on coconut oil. Coconut oil's smaller-chain fatty acids penetrate lashes to moisturize from the inside out. And when lashes are hydrated, it prevents breakage and helps hairs complete their growth cycle. *To do:* Add 1 drop of liquefied coconut oil onto a spoolie brush and sweep on lashes nightly for noticeable volume in four weeks.

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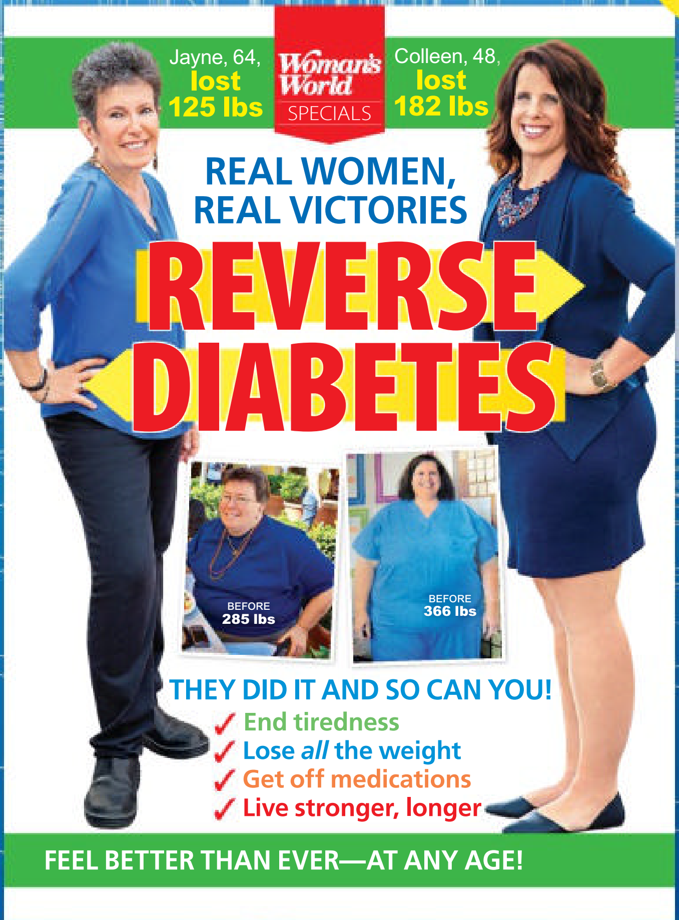
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GETTY

Surprise! Winter

Whether you love to head outdoors to watch the snow fall or curl up inside in your favorite pajamas, celebrating winter makes you happier and healthier!

Ward off diabetes with a sweet side dish

Love potatoes? Simply swapping sweet potatoes for white potatoes could be your ticket to balanced blood sugar! Proof? A recent study in *Advances in Nutrition* found that regularly eating sweet potatoes cuts type 2 diabetes risk by as much as 78%. The richly colored spuds boast an ample supply of *beta-carotene* (an antioxidant that gives them their orange hue), which reduces insulin resistance and keeps insulin-secreting beta cells in the pancreas healthy. Other good sources of beta-carotene include winter squash, carrots and spinach.

OR STIR IN HONEY! Adding 2 Tbs. of acacia, clover or raw honey to tea in place of sugar lowers type 2 diabetes risk, Canadian scientists say. Though they have natural sugars, these varieties are also rich in compounds that lower blood glucose.

Wearing your jammies boosts focus!

Winter is the perfect excuse to lounge around in your coziest pajamas or sweatpants. And when you do, there's a surprising benefit: It'll be easier to concentrate on small details during tasks! That's the word from Columbia University scientists, who found that wearing informal, comfortable clothing improves the brain's local processing, which enables you to focus on things like figuring out a new recipe or learning a new stitch when completing your needlepoint.

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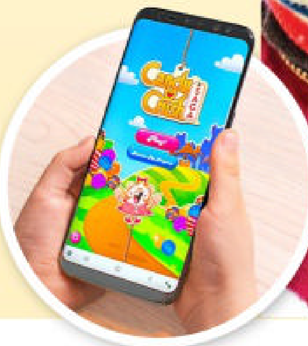
is good for you

Sharpen memory
by throwing snowballs

Tossing a snowball or building a snowman with your loved ones is a surefire way to feel like a kid again. Even better? It makes your memory as sharp as it was years ago too! A new Dartmouth College study found that moderate-intensity activity boosts *episodic recall,* the kind needed to remember what you did in the past (such as where you stored your slow cooker). Investigators suspect that easy-to-do exercise helps keep memory-affecting white matter in the brain pliant and healthy, which sharpens thinking.

OR PLAY VIDEO GAMES! When it's too blustery to head outdoors, video games are a fun way to pass the time. Bonus: University of California, Irvine, scientists say playing games that immerse you in an imaginary world (such as Angry Birds and Super Mario 3D World) for 30 minutes daily improves memory in four weeks by stimulating the brain's memory-managing *hippocampus.*



Lower blood pressure
by sleeping in

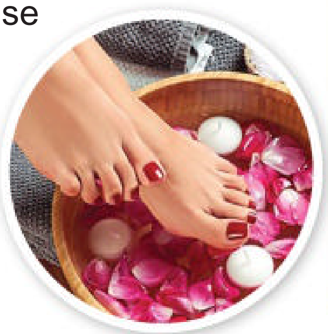
There's nothing like cuddling under a warm blanket on a chilly day. What's more, sleeping at least 30 minutes longer than usual lowers elevated systolic blood pressure (the top number) by 14 points and diastolic blood pressure (the bottom number) by 8 points in six weeks, say Harvard scientists. Experts suspect that too-little sleep spikes artery-narrowing stress hormones, such as *norepinephrine,* while more Zzzs reduces their output for better blood flow.

OR KNIT! A British study found knitting slows heart rate by 19% to a leisurely 65 beats per minute. The rhythmic motion relaxes you, taking pressure off arteries.

Keep coughs away
with cozy mysteries

Curling up with a whodunit in front of a roaring fire is the perfect way to while away a winter day. Plus, it prevents you from catching colds, the flu and other viruses. A recent study out of Ireland found that a short bout of stress (like the kind you get from cliffhangers and thrilling suspense) increases the immune system's output of *monocytes,* white blood cells that fend off viral and bacterial invaders.

OR SOAK YOUR FEET! Japanese scientists say the deep relaxation you experience while pampering your feet leads to a 680% increase in *immunoglobulin A* in saliva, which is the immune system's first line of defense.



Lift your mood
by admiring snow

To feel cheerier, head outside to catch snowflakes or gaze at the stars. Canadian scientists say 5 minutes in nature significantly increases positivity by distracting you from your worries. Can't head out now? Looking out the window or at a nature photo has a similar effect!

OR PLAY GAMES! Regularly playing games with pals lifts your spirits, even on days when you're not spending time together, say Australian scientists. Being playful with others ups resilience and cuts stress, spurring lasting joy.

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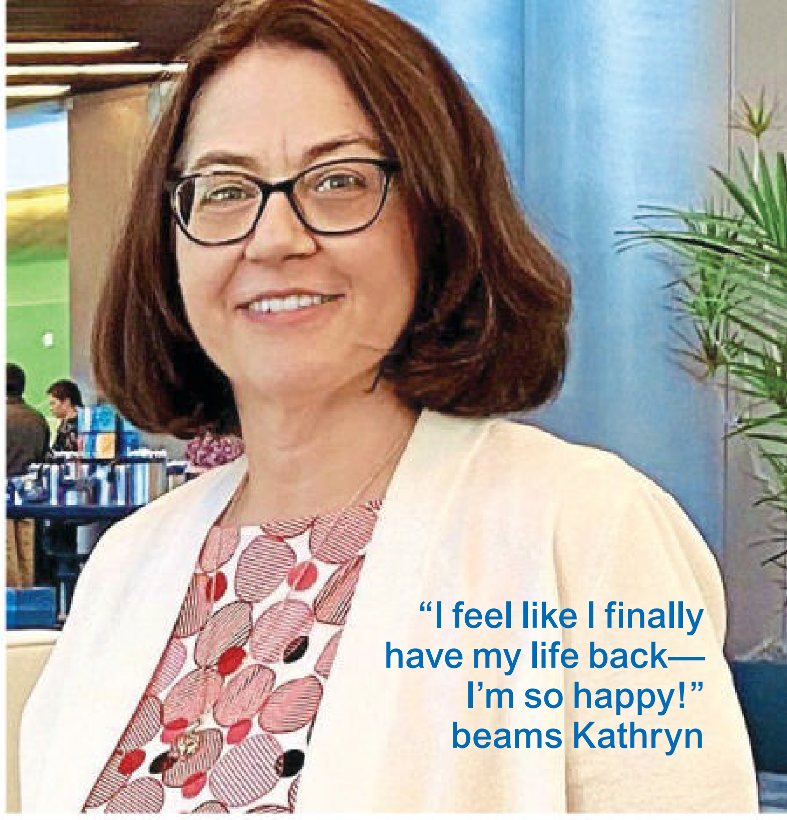
WW HEALTHY LIVING

“I cured my neuropathy *with this mushroom!*”

Chronic numbness and tingling in her extremities left Kathryn Decker struggling to do even the most mundane things—until a documentary revealed an all-natural way to restore her health!



“I feel like I finally have my life back—I’m so happy!” beams Kathryn

Another day of this? Kathryn Decker thought, frustrated at the strange sensation in her toes, lower legs and hands. The tingling had started in her feet months prior and slowly intensified, leaving her soles feeling “thick” and devoid of sensation, which threw off her balance.

Kathryn was soon diagnosed with neuropathy, a nerve issue that causes pain, numbness, tingling, swelling and weakness, starting in the hands and feet. It’s often connected to diabetes, but since Kathryn was not a diabetic, her doctors struggled to find the cause and a solution.

“It will likely not reverse and will eventually progress” her doctor told her solemnly.

“So, nothing I can do?” Kathryn asked, determination overtaking her. *I’m going to find a way to fix this—once and for all!*

> *“Lion’s mane may have beneficial effects in nerve repair, and it’s nontoxic and safe”*
>
> —Andrew Weil, M.D.

Fantastic fungi

One day, while she and her husband were watching a Netflix documentary called *Fantastic Fungi,* Kathryn’s husband keyed in on a discussion about lion’s mane mushrooms. Known for being curative to the nervous system, lion’s mane had been shown to protect against dementia, reduce anxiety and, most intriguingly, even repair nerve damage.

Researching further, the couple discovered that this mushroom contains *hericenones* and *erinacines,* two compounds that stimulate a protein known as nerve growth factor (NGF), which is essential for brain health and neuron conductivity. Its antioxidant properties also aid in circulation issues—specifically neuropathy—so Kathryn decided that it was worth it to try, and ordered her own mushroom growing kit. “They’re tasty when sautéed,” she observed after their first round of mushrooms was ready.

But once she realized how long it takes to grow them, Kathryn decided to try the fungi as a supplement. After a little research, she bought Double Wood Lion’s Mane Mushroom capsules (Vitacost.com)and began taking 1,000 mg. with breakfast each morning. (Another highly rated brand to try: Real Mushrooms Organic Lion’s Mane Mushrooms, shop.RealMushrooms.com).

A week later, Kathryn was shocked to already feel a difference in her feet. “I can feel the soles of my feet again—and some toes!” she enthused to her husband.

Today, five months after she began taking lion’s mane, Kathryn has feeling back in her feet and hands, and the abnormal sensations she was experiencing are gone. “I’m so happy!” the 52-year-old beams. She even found lion’s mane in a tea form—a cozy alternative for cold winter nights. “It’s amazing, I have my life back!” —*Erin Flynn Jay*

Editor’s note: Lion’s mane can affect some medications, especially blood thinners, so always check with your doctor before starting a new supplement

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More amazing benefits of lion’s mane mushrooms

✓ **Tames anxiety:** Japanese scientists found that taking up to 500 mg. of lion’s mane daily lowers anxiety in four weeks. Compounds in the mushroom stimulate the production of nerve growth factor (NGF) that repairs and energizes brain cells.

✓ **Improves memory:** Taking three 350-mg. capsules of lion’s mane daily improved memory retrieval in people with mild Alzheimer’s disease by stimulating the growth of white matter surrounding nerves that process information.

✓ **Stops bloat:** *H. pylori* is a common bacteria that triggers intestinal infections that lead to fatigue and bloat. But animal research reveals that lion’s mane extract prohibits the bacteria from attaching to intestinal cells, so the gut can heal.

We’d love to print *your* inspiring story! Email the story with your name, phone number and a current photo to: WWFeatures@WomansWorldMag.com. Or mail it to: Scoop, *Woman’s World,* 270 Sylvan Ave., Englewood Cliffs, NJ 07632. By submitting your story, you are granting *Woman’s World* permission to use it and your photo in the print magazine, on our website and/or in future special issue publications. Due to a high volume, we are unable to return submissions received.

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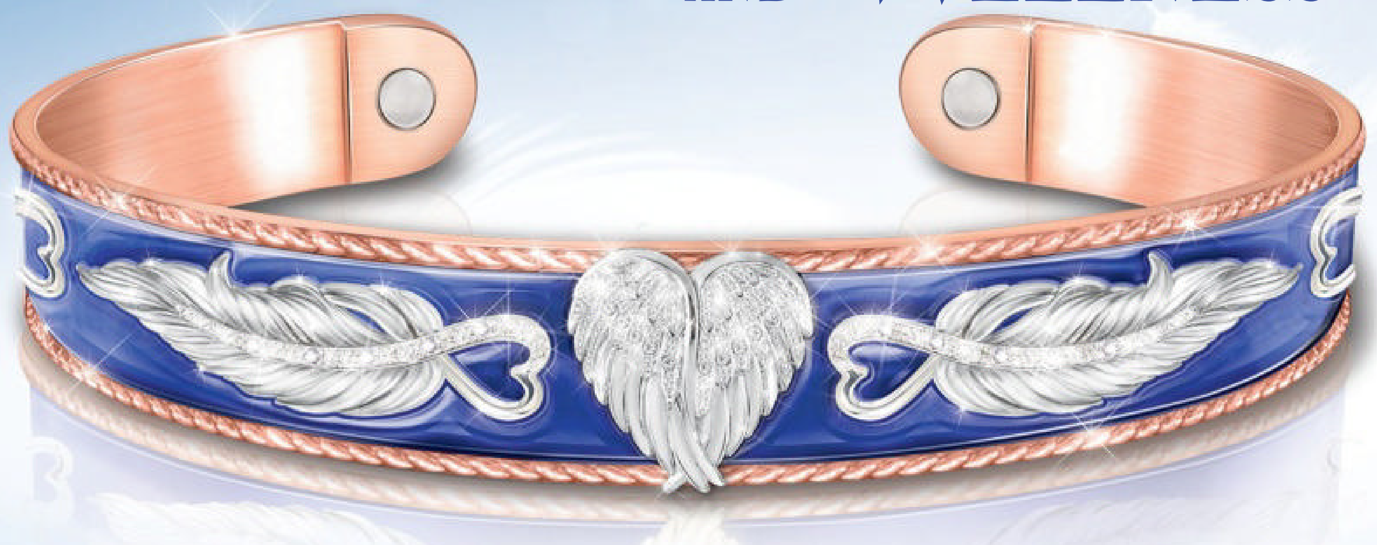

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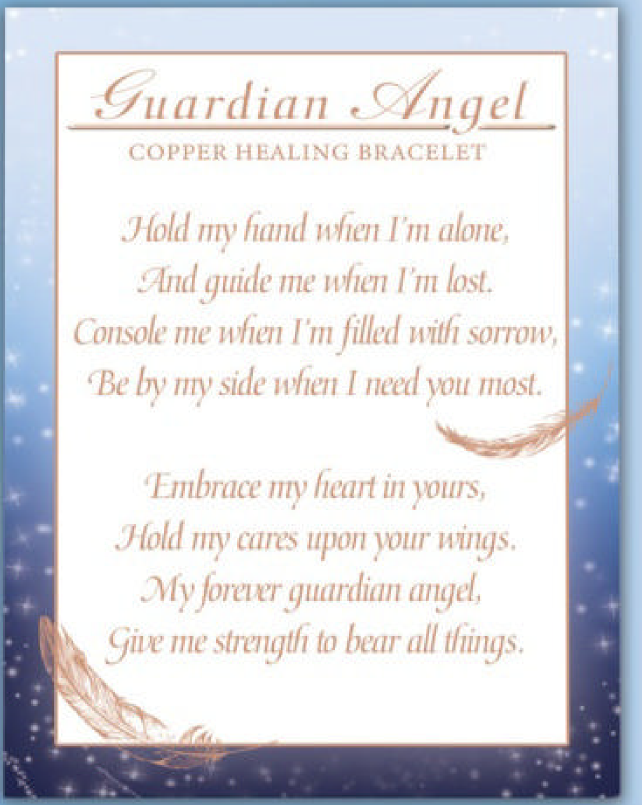

Guardian Angel

COPPER HEALING BRACELET

Hold my hand when I'm alone,
And guide me when I'm lost.
Console me when I'm filled with sorrow,
Be by my side when I need you most.

Embrace my heart in yours,
Hold my cares upon your wings.
My forever guardian angel,
Give me strength to bear all things.

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WW SLIMMING SUCCESS

Soup off 16

We've got happy, slimming news: You can make a pot of America's hottest diet soup using mostly ingredients you'd otherwise throw away, so the stuff costs pennies a day. Too busy to cook? Grab an ultra-convenient powdered mix instead. Either way, the results are *priceless.* Just ask Kristen Sellas. Since her first sip of amped-up bone broth, "I've lost 100 pounds, my bad knee has healed, my skin is the best it's been in my entire life and I sleep better than I have in years," shares the Florida mom, 52. "I feel like I've turned back the clock 15 years." Other fans of the broth (recipe at bottom right) also report reversing health problems galore as they melt up to 16 pounds a week. How is that possible? Credit goes to bone broth compounds that jump-start healing, turn off hunger and "strip fat off your body," says Kellyann Petrucci, MS, ND, author of the new book *Dr. Kellyann's Bone Broth Breakthrough.*

Unlike ordinary broth, bone broth is simmered at least 8 hours to extract every bit of nutrition from the soup bones and veggies used to make it. The rich liquid, considered medicine in ancient times, brims with up to 16 grams of protein, 19 amino acids and over a dozen other compounds linked to radiant health. But one nutrient is more transformative than the rest…

The miracle ingredient

"No other food delivers more collagen for fewer calories than bone broth," says Dr. Kellyann. Turns out, collagen is the "glue" that holds every part of our body together: skin, blood vessels, internal organs, everything. Why is it slimming? We use collagen to help repair any damage to our system, from a paper cut to a malfunctioning cell. The latest research hints that collagen is particularly effective at rejuvenating dinged-up cells so they burn more sugar for energy—a factor that fights diabetes, lowers levels of the hormone insulin and allows us to burn fat more freely.

There's more. Though the body makes its own collagen, "production declines with age, causing us to lose

IT WORKS!

Kristen lost 7 pant sizes!

BEFORE

Widowed in 2006, Kristen Sellas had three sons, all diagnosed with a potentially deadly genetic disorder. Juggling a demanding job and hospital trips, "stress and lack of sleep caused my weight to skyrocket," she recalls. Later, she dabbled in diets without lasting success. "Then in 2021, I tore my ACL and realized life can change in an instant. I didn't want my sons to have to worry about my health." Online research led her to Dr. Kellyann's approach. Kristen loved that it was slimming *and* healing. Using powdered bone broth kicked up with ginger, turmeric and cayenne, "it was super-convenient and the key to my success. I've tried intermittent fasting before, and bone broth definitely made it easier." Adding exercise as she felt stronger, pounds poured off. "In a year, I lost 100 pounds without any plateau whatsoever. It still amazes me!"

Bone broth +

To slim at top speed, start your day with bone broth (homemade, store-bought or from a mix). Aim for two servings daily; add spices and a scoop of collagen peptide powder, if desired. Enjoy solid food in an 8-hour window, such as 11 AM to 7 PM. Build meals using protein, good fat and nonstarchy veggies. Add one serving of fruit/healthy starch daily. Avoid sugar, fake sweeteners, grains and dairy.

As always, get a doctor's okay to try any new dietary strategy.

lbs a week

Dr. Kellyann Petrucci's extra-quick broth is packed with compounds proven to **burn 12x more fat**

metabolism-boosting muscle," says the doc. "Dietary collagen helps the body make more of its own collagen, which protects muscle and can be the great metabolic equalizer." In a German study, the broth component led adults to build 45% more muscle. And exciting new studies show daily collagen helps us lose weight 12 times faster!

Yes!
Amino acids in a daily dose of collagen help repair and restore sore joints, quickly slashing pain by 43%, per a European study

Boosted broth

"A big question I get is, 'How can I boost my metabolism as I age?'" shares Dr. Kellyann. It gave her an idea. Studies show spices like cayenne, ginger and turmeric are *thermogenic* (heat-producing), helping us burn more calories just by eating them. "The protein in collagen also has a thermogenic effect, boosting metabolism by up to 30% for several hours." So Dr. Kellyann recommends adding spices and/or a scoop of powdered collagen to broth to amp up metabolism. Bonus: Spices and extra collagen are also powerful appetite suppressants!

Slimming made easy

"Intermittent fasting is one of the most effective strategies for weight loss," says Dr. Kellyann. Research shows periods without food—even just bumping breakfast to 11 AM—trigger biochemical changes that improve health and make it far easier to lose flab. "Many people find even short fasts make them hungry and irritable. Bone broth can change that," she says. "You can indulge in it *during* a fasting period." And it's not breaking your fast! "You get the benefits of fasting with no hunger." The rest of the time, you fill up on protein, produce and good fat. "Results are amazing!"

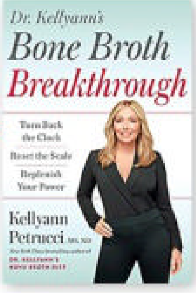
Real-world wow

Diagnosed with type 2 diabetes, Ginny Kildoyle was given three months to either get her health under control or start meds. "I heard about Dr. Kellyann's plan and liked that it was something I'd never tried before," recalls the Florida retiree.

Not much of a cook, Ginny ordered powdered bone broth mix (options at DrKellyann.com even already include thermogenic spices). "I had a cup of broth first thing, and it got me through a morning of fasting easily. My first meal would be around noon, something like eggs and fruit. Then I'd have more bone broth at 3 PM. And a nice dinner like steak and veggies. As long as I got my broth, I had no hunger or cravings at all." By her next doctor appointment, "I'd lost 33 pounds and reversed my diabetes!"

Can Ginny stick with it long-term? Yes! "Dr. Kellyann says you only need to stay on the plan 80% of the time. So I had a treat or martini when I wanted one." And she kept losing. All told, she's down five sizes. "When I tell people I'm 72, they don't believe me. I look better than I did over a decade ago!" She has more energy than ever, her heartburn and sleep apnea are gone, her joints don't hurt, her hair is shiny. Adds Ginny, "If bone broth appeals to you at all, just try it. I think you'll be surprised by how fantastic it makes you feel!" **WW**

Learn more in *Bone Broth Breakthrough* or DrKellyann.com



Aaron Lockwood. H&M: Ginny Dworchak. Shutterstock; Adobe Stock (2); Are Media. Text: Allison Nemetz

Make magic in your slow cooker

Just freeze chicken and veggie scraps until you have enough to whip up this delicious broth

1 chicken carcass
3 lbs. chicken bones
8 cups veggie scraps or chopped carrots and celery
1 onion, cut into chunks
2 garlic cloves, peeled
2 tsp. thermogenic spices like turmeric, ginger and cayenne

Add ingredients to slow cooker; cover with water. Cook on high for 2 hours, then low for 6–8 hours. Skim off any foam and add more water as needed to keep bones covered. Let cool, strain and store in fridge. *Serves 16*

For a thermogenic boost, stir a bonus scoop of collagen peptides into each serving. Prefer instant or ready-made broth? Add optional collagen and thermogenic spices to each serving.

meals like these = slimming magic

BREAKFAST
Eggs, any style, served with tomatoes and veggies; optional side of nitrate-free bacon

LUNCH
Stir a little cayenne into olive oil vinaigrette and enjoy drizzled over a steak-topped salad

DINNER
Salmon and veggies prepared with olive oil and herbs; optional side of quinoa

"Help me recover from a setback!"

We all fall short from time to time—but challenges don't have to derail us. Here, easy strategies to turn a setback into a comeback!

Honor your feelings

Acknowledge the pain

When facing a mishap, we often try to protect ourselves by minimizing our disappointment, but accepting it is the first step to getting back on our feet. "It may seem counterintuitive, but research shows the more we acknowledge our pain, the more easily we move on," promises expert Liz Hall, Ph.D. Validating your feelings is the first step to resilience.

Ask *these* questions

To shift into a solution-focused mindset, ask yourself three questions, urges expert Leah Marone. *What can I control? What are my options?* and *What can I let go of?* If the setback involves one of your relationships, is there something you can do to heal the dynamic, or is it beyond repair? As for what to let go of, focus on your perfectionism, she advises. Start by releasing those high expectations because setbacks don't make you a failure, they make you human.

Reassure out loud

One of the most effective ways to silence a self-deprecating inner voice is by reassuring yourself out loud, as if you were comforting a friend, says expert Deborah Gilboa, M.D. "For instance, if you catch yourself thinking, *I can't do anything right,* just say, 'I'm doing my best!'" Voicing empathy for yourself halts negative thoughts and reinforces neural pathways that lead to positive thinking.

Boost your bounce-back

Find meaning

The most resilient people find meaning from their setbacks, observes Hall. "It's not that suffering or facing challenges automatically provides growth, but it *can,* if we learn from our experiences." One of the best ways to do that is by reaching out to others. "I see this quite a bit in my research: Helping someone else helps us feel stronger." Whether you share lessons you learned or simply volunteer in your community, reaching out to people immediately makes you feel a sense of connection that boosts your confidence.

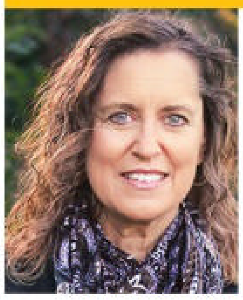
Note progress

One of the most overlooked lessons from a setback? It means you *tried.* "Acknowledge the chances you did take," encourages Marone. "Think of a setback like a 'rep' in weight training: The more you do, the stronger you become." Also, celebrate the times you stepped out of the box and tried something new. "Simply validating all that you've done helps you become more willing to take risks."

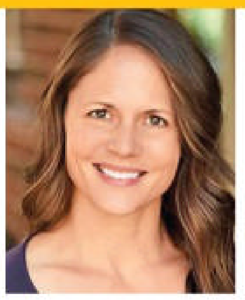
Check in with yourself

The more in tune we are with our emotions, the more confident we become, notes Marone. "Check in with yourself," she urges. "While you're having coffee in the morning, for example, observe how you're feeling." Soon, being present with yourself will become part of your daily routine, which builds resilience and boosts self-esteem.

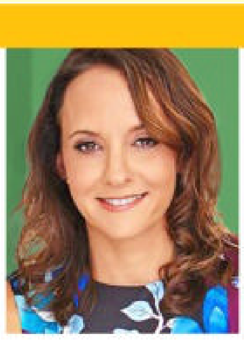
Our expert panel



Liz Hall, Ph.D., is professor of psychology at Rosemead School of Psychology, Biola University, where she teaches courses on the psychology of religion.



Leah Marone has more than 20 years of experience as a psychotherapist. She is also a corporate wellness consultant and speaks on resilience and mindfulness.



Deborah Gilboa, M.D., author of *From Stressed to Resilient,* is a resilience expert who works with people on strategies that turn stress into an advantage.

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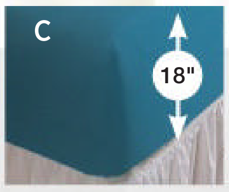

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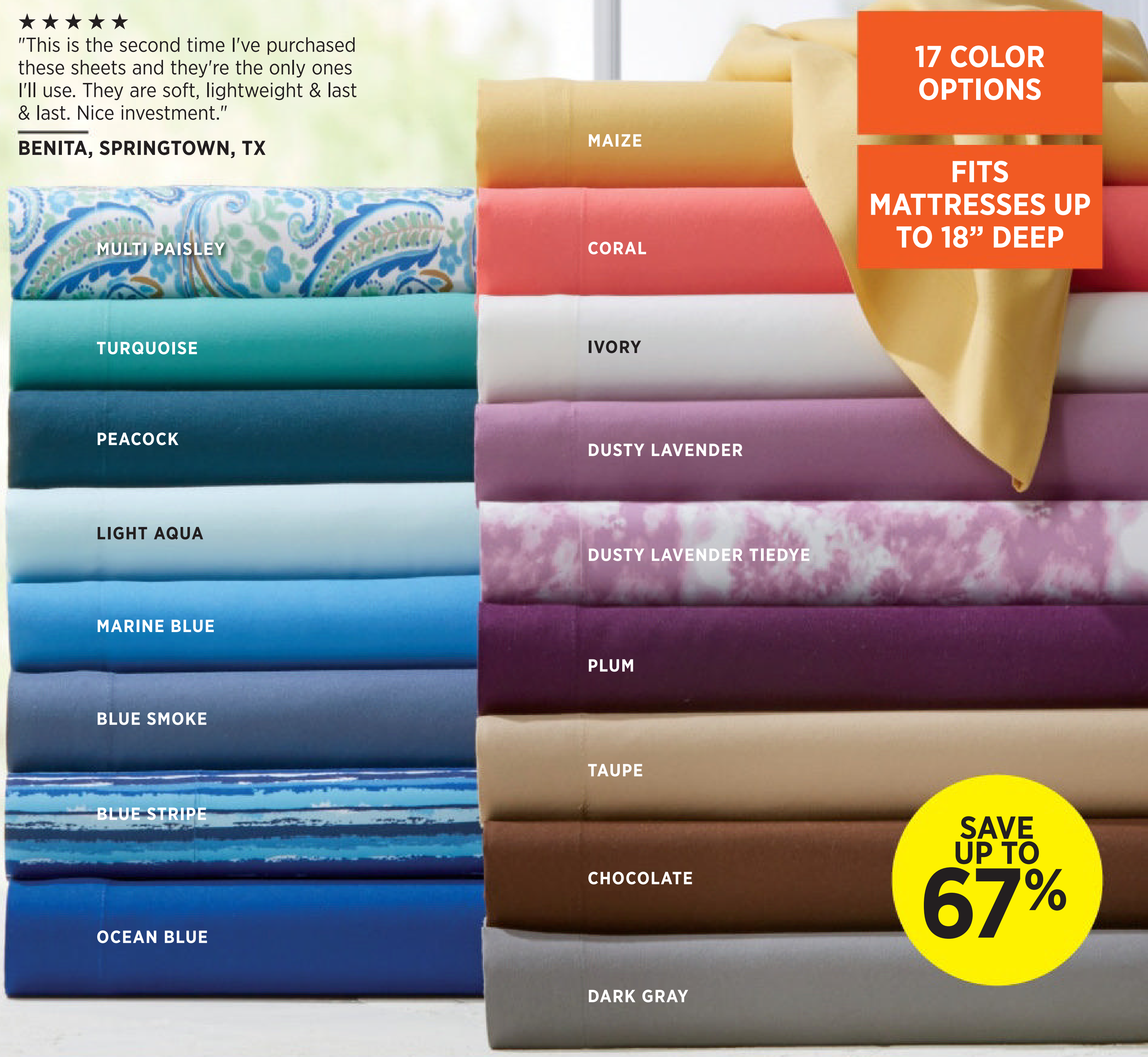

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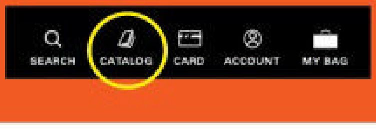

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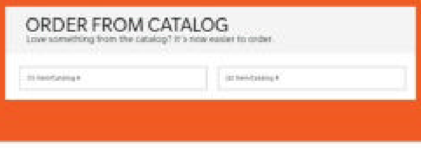

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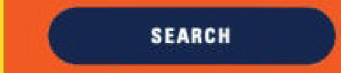

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WW WEEKNIGHT WONDERFUL

One-pot supper

Balsamic Pepper Pasta

Fresh noodles cooked right in the sauce guarantee big, bold flavor

- 4½ oz. fresh lasagna sheets
- 1 sprig fresh basil
- 2 large roasted red peppers from a jar, drained
- Olive oil
- 1 clove garlic, thinly sliced
- ½ of fresh red chili pepper, thinly sliced
- ¾ cup passata (strained tomatoes)
- Boiling water
- 2 Tbs. Parmesan cheese, finely grated
- Thick balsamic vinegar
- Salt and pepper

● Cut lasagna sheets lengthwise into ½"-wide strips. Remove basil leaves from stalk; reserve. Thinly slice basil stalk. Slice red peppers into ½"-wide strips.

● Heat large skillet over high heat; add drizzle of olive oil, garlic, chili pepper and basil stalk. Cook, stirring, until garlic is lightly golden. Add red peppers; cook, stirring, 1 min. Stir in passata.

● Add pasta; pour in enough boiling water to just cover pasta (about 1¼ cups). Cook, stirring often, about 4 min., or until pasta has absorbed most of water and sauce has thickened, adding more boiling water as needed if sauce is too thick. Turn off heat.

● Tear reserved basil leaves; stir into pasta. Stir in Parmesan, then drizzle generously with balsamic vinegar. Season to taste with salt and pepper. If desired, drizzle with more olive oil.

Servings: 1–2. Active time: 20 min. Total time: 20 min.

sensations

Star chef Jamie Oliver dishes up delicious meals that are a cinch to whip up and make cleanup a breeze

Spiced Veg Soup

Jamie stirs Indian papadam crackers into this hearty pot, but if you can't find them, simply sub in tostadas

- 1 bunch cilantro
- 1 Tbs. olive oil
- 14 oz. carrots, thinly sliced
- 2 onions, finely chopped
- Pinch sea salt + additional
- Pinch black pepper + additional
- 1 Tbs. Madras curry paste
- ¾ cup basmati rice
- 11 oz. frozen leaf spinach
- 1 (14 oz.) can light coconut milk
- 4 uncooked papadam crackers

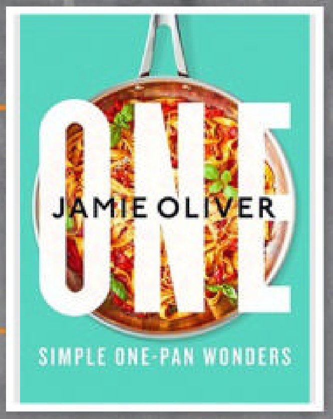
● Remove leaves from cilantro stalks; reserve leaves. Chop stalks. In large shallow casserole dish, heat oil over medium-high heat; add carrots, onions, pinch sea salt and pinch black pepper. Cook, stirring frequently, until vegetables start to soften, 10 min. Stir in chopped cilantro stalks; cook 1 min. Stir in curry paste, rice and frozen spinach; cook, stirring often, 5 min.

● Pour in coconut milk; stir in 3 canfuls water. Bring to a boil. Break papadams into small pieces, then stir into soup. Cover; reduce heat to medium-low. Cook until flavors blend, 10 min. Tear cilantro leaves; stir into soup. Season to taste with salt and pepper.

Tip: Onions add sweet-pungent flavor to many dishes but chopping them always seems to result in teary eyes. The fix: Light a candle near your cutting board—the flame oxidizes the compound responsible for eye irritation.

Servings: 4. Active time: 25 min. Total time: 35 min.

For even more of Jamie's delicious meals, check out his new cookbook, *One,* on sale now



WW WEEKNIGHT WONDERFUL

Upside Down Fish Pie

Jamie transforms mashed potatoes into a clever crust for flaky salmon and succulent shrimp

2	lbs. potatoes, cut into 1¼" pieces
	Boiling water
11	oz. broccolini, trimmed
3½	oz. tartar sauce
½	Tbs. olive oil + additional
	Sea salt and black pepper
14	oz. salmon fillet, skin and pin bones removed
11	oz. ripe mixed-color cherry tomatoes, halved
1	bunch chives (about ¾ oz.), finely chopped + additional (optional)
6	oz. peeled jumbo shrimp
½	lemon

● Heat oven to 400°F. Place potatoes in large shallow casserole dish and cover with boiling water. Over high heat, bring to a boil; cook 15 min., or until tender, adding broccolini during the last 4 min. of cooking. Drain; remove broccolini; reserve.

● Return potatoes to casserole dish; add tartar sauce and ½ Tbs. olive oil. Mash mixture; season to taste with salt and pepper. Over medium heat, using back of spoon, spread mixture over base and up sides of dish. Drizzle with additional oil. Bake until golden, about 20 min.

● Meanwhile, slice salmon lengthwise to about ½" thickness. In large bowl, toss together salmon, tomatoes, chives, shrimp and lemon juice; season to taste with salt and pepper.

● Arrange broccolini over potato mixture in casserole dish; top with salmon, shrimp and tomato mixture. Bake until shrimp and salmon are cooked through, about 10 min. If desired, sprinkle with additional chopped chives.

Servings: 4. Active time: 30 min. Total time: 55 min.

Chicken & Mushroom Puff Pie

To make this meal vegetarian, just add in more mushrooms in place of the chicken, Jamie suggests

- 1 Tbs. olive oil
- 1 lb. skinless, boneless chicken thighs, cut into 1¼" pieces
- 1 bunch scallions, cut into ½" pieces
- 11 oz. mixed mushrooms, torn
- 11 oz. sheet puff pastry (cold)
- 2½ cups (2%) reduced-fat milk
- 1 heaping Tbs. all-purpose flour
- 1 Tbs. grainy mustard
- 3 oz. mixed watercress, spinach and arugula
- Salt and pepper

● Heat oven to 400°F. In large nonstick skillet, heat oil over medium-high heat; add chicken. Cook, stirring often, until starting to brown. Add scallions and mushrooms; cook, stirring frequently, until golden, about 10 min.

● Unroll pastry on its paper; score 1¼" border around edge like a picture frame (don't cut all the way through). Lightly score large crisscross pattern on inner section. Brush with some of milk; place pastry, still on its paper, directly on middle rack in oven; cook until golden, risen and cooked through, 17 min. Let cool slightly.

● Meanwhile add flour to skillet with chicken mixture; stir 1 min. Gradually stir in milk. On medium heat, cook, stirring often, and adding milk 1 Tbs. at a time if mixture is too thick. Turn off heat. Stir in mustard and half of mixed greens. Season to taste with salt and pepper.

● Transfer pastry to serving board; remove and discard paper. Using sharp knife, cutting through top few layers, cut around border. Using slotted spatula, carefully lift and remove inner section (like a lid), leaving layer of pastry at bottom. Spoon in remaining greens and filling. Place lid on top. Slice.

Servings: 4. Active time: 33 min.
Total time: 33 min.

From *One: Simple One-Pan Wonders* by Jamie Oliver. Copyright ©2023 by the author and reprinted by permission of Flatiron Books.

WW EASY TREATS

Rich, fudgy *mmm*

Thanks to a hint of citrus peel stirred into the batter, our mix-easy masterpiece bakes up extra moist and flavorful

Double-Chocolate Orange Bundt

Super-decadent chocolate ganache!

- 3 oranges
- 2½ cups all-purpose flour
- ¾ cup unsweetened cocoa powder
- 1 tsp. baking powder
- 1 tsp. baking soda
- ¾ tsp. salt
- 1 cup butter, at room temp.
- 2 cups packed dark brown sugar
- 5 eggs
- 1½ cups buttermilk
- ½ cup semisweet chocolate chips
- ¼ cup heavy cream
- Mint sprig (optional)

Easy as 1,2,3!

1 Heat oven to 350°F. Grate 1 Tbs. zest from 1 orange (save zested orange for another use). Coat 13-cup Bundt pan with baking spray with flour.

2 In medium bowl, combine flour, cocoa powder, baking powder, baking soda and salt; reserve. On medium-high speed, beat butter and brown sugar until fluffy, about 2 min. On low speed, beat in eggs, then zest. Alternately beat in flour mixture with buttermilk until smooth. Transfer batter to pan. Bake until toothpick inserted near center comes out clean, 50–60 min. Let cool in pan 30 min. Transfer to rack; let cool completely.

3 Using vegetable peeler, shave peel from remaining 2 oranges (reserve oranges for another use). Slice peel into thin strips and curl around fingers; reserve. Transfer cake to serving plate. In microwave-safe bowl, microwave chocolate chips and heavy cream in 15-sec. intervals, stirring, until melted and smooth; let cool slightly. Spoon over cake, letting some drip down side. Arrange orange zest curls on top of cake. If desired, garnish with mint. Store any leftovers, covered, in refrigerator.

Servings: 16
Active time: 1 hr.
Total time: 5 hrs., 30 min.

Food & Photo

Dinner made easy!

COLLECT A MEAL WW

Citrusy Aperol Spritz

Warm Sweet Potato Salad

Rosemary-Orange Pork Roast

Creamsicle Cupcakes

Food & Photo (3); Adobe Stock

WW COLLECT A MEAL

So fast, so delicious!

Warm Sweet Potato Salad

This delicious 6-ingredient twist on a family favorite gets a hint of smokiness from crispy crumbled bacon

- **1½ lbs. sweet potatoes, peeled, cut into ¾" pieces**
- **4 slices bacon**
- **¼ cup bottled oil-and-vinegar dressing**
- **¼ cup finely chopped red onion**
- **2 Tbs. chopped parsley**
- **1 small clove garlic, minced**

● In pot, mix potatoes with enough salted water to cover by 1"; over high heat, bring to a boil. Reduce heat to medium-low; cook until tender, 7–8 min. Drain. Spread over baking sheet; let cool slightly.

● In nonstick skillet, cook bacon over medium-high heat, flipping, until crisp, 4 min. per side; let cool, then crumble. In large bowl, combine dressing, onion, parsley and garlic. Add potatoes; stir until evenly coated. Top with bacon pieces.

Servings: 6. Active time: 20 min. Total time: 35 min.
Calories: 150 **Protein:** 3g **Fat:** 8g (2g sat.) **Chol.:** 6mg **Carbs.:** 17g **Sodium:** 263mg **Fiber:** 2g **Sugar:** 6g

Citrusy Aperol Spritz

A splash of orange liqueur adds just the right amount of zing to this sparkler that's perfect for brunch—or anytime

- **3 cups ice cubes**
- **1 cup Aperol**
- **¾ cup Grand Marnier**
- **1 (750 ml.) btle. prosecco, chilled**
- **6 dashes bitters**
- **1¼ cups club soda**
- **Orange slices (optional)**

● Chill 6 wineglasses about 30 min. Divide ice cubes evenly among glasses. Divide Aperol then Grand Marnier evenly among glasses. Tilt one glass and carefully pour in prosecco, being careful not to overflow; repeat with remaining glasses. Add dash of bitters to each glass. Gently stir to combine. Top off with club soda. If desired, garnish with orange slices.

Easy variation: Make them Aperol Cosmos. Fill cocktail shaker with ice. Add ½ cup vodka, ¼ cup Aperol and 2 Tbs. lime juice. Cover; shake until chilled, 30 sec. Strain into 2 glasses. If desired, repeat to make more.

Servings: 6. Active time: 15 min. Total time: 45 min.
Calories: 370 **Protein:** 0g **Fat:** 0g **Chol.:** 0mg **Carbs.:** 33g **Sodium:** 20mg **Fiber:** 0g **Sugar:** 30g

Creamsicle Cupcakes

Sour cream is the secret ingredient in these orange-scented mix-easy delights that really satisfy a sweet tooth

- **1 (15.25 oz.) pkg. yellow cake mix**
- **1 cup + 3 Tbs. orange juice**
- **3 eggs**
- **⅓ cup sour cream**
- **2 Tbs. oil**
- **1 Tbs. grated orange zest**
- **1½ cups butter, at room temp.**
- **3 cups confectioners' sugar**
- **Orange food coloring**

● Heat oven to 350°F. Line 24 muffin cups with cupcake liners. On low speed, beat cake mix, 1 cup juice and next 4 ingredients 30 sec.; on medium, beat 2 min. Divide among liners. Bake until pick inserted in centers comes out clean, 18–20 min. Let cool.

● On medium, beat butter until fluffy, 2 min. On low, gradually beat in sugar, then remaining juice. On medium-high, beat until fluffy, 2 min.; tint with coloring. Transfer to pastry bag fitted with star tip; pipe over cupcakes.

Servings: 24. Active time: 40 min. Total time: 2 hrs.
Calories: 22 **Protein:** 1g **Fat:** 15g (8g sat.) **Chol.:** 55mg **Carbs.:** 31g **Sodium:** 235mg **Fiber:** 0g **Sugar:** 24g

Rosemary-Orange Pork Roast

Our citrusy glaze infused with rosemary comes together in minutes for this flavor-packed centerpiece

- **½ cup orange juice**
- **¼ cup packed brown sugar**
- **3 sprigs rosemary**
- **1 Tbs. Dijon mustard**
- **2 tsp. onion powder**
- **½ tsp. salt**
- **3 lb. boneless pork loin roast**

● Heat oven to 375°F. In pot, mix orange juice, brown sugar and rosemary; over medium heat, cook, stirring, until thickened and reduced to ¼ cup, about 5–7 min. Remove from heat; discard rosemary sprigs. Whisk in Dijon mustard, onion powder and salt.

● Place pork in roasting pan; coat with ½ of glaze. Roast until meat thermometer inserted into thickest part reads 150°F, 50–55 min., basting halfway through with remaining glaze. Cover with foil; let stand 20 min. before slicing.

Servings: 6. Active time: 20 min. Total time: 1 hr., 45 min.
Calories: 337 **Protein:** 40g **Fat:** 13g (4g sat.) **Chol.:** 120mg **Carbs.:** 12g **Sodium:** 326mg **Fiber:** 0g **Sugar:** 11g

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A3A05A

Bring on joy with the

Boost mood with magenta!

Color experts describe magenta as a powerful, cheerful color that fuses the drama of red with the decadence of violet. Plus, this shade is proven to promote feelings of joy and optimism!

▲ LIVEN UP A BEDROOM

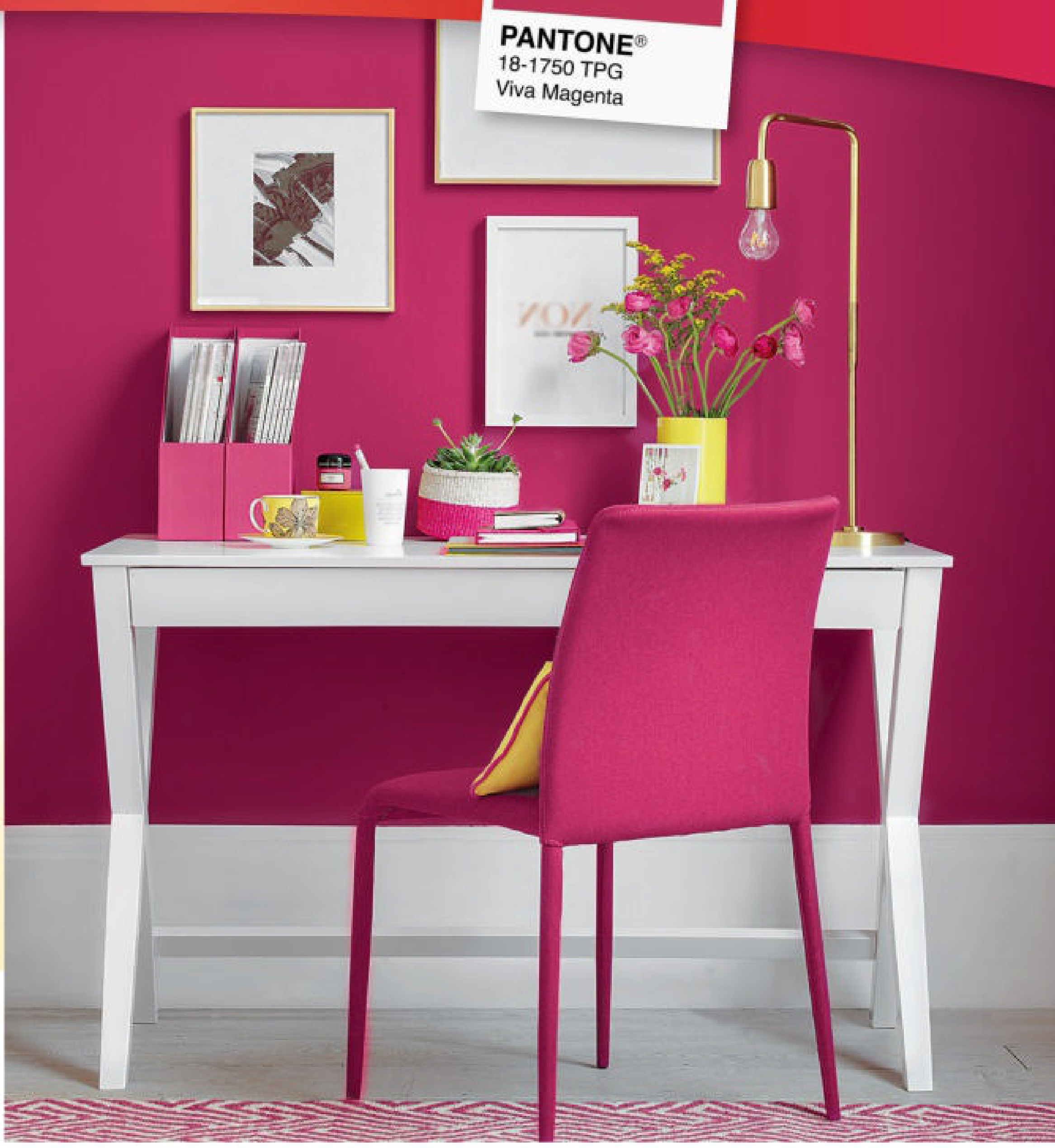
"Viva Magenta is a crimson red tone that presents a balance between both warm and cool," says Leatrice Eiseman, Executive Director of the Pantone Color Institute. "This is an exuberant and welcoming color—it promotes optimism and joy when showcased in any room." For a bedroom, she suggests peppering pops of magenta into a typically white or neutral room with plush textiles like pillows, blankets or throws, area rugs or even a soft bench. For an even bigger impact, try out a low-commitment patterned accent wall using stick-on wallpaper featuring magenta tones.

BRIGHTEN A KITCHEN NOOK ▶

"Magenta is a vibrant color that's perfect for livening up living or kitchen areas," says London-based interior designer Rudolph Diesel. "When paired with deep tans and light neutrals or grays, it creates a warm, inviting atmosphere without being too overwhelming." To bring this eye-catching shade into a kitchen in a bold way, simply paint one accent wall or alcove magenta. This wall color acts as a bright backdrop for neutral shelves and cabinets. Tip: Stylishly "break up" the solid wall color by hanging a wooden planter and a shelving unit or two.

color of the year!

Every year, color authority Pantone chooses a Color of the Year—and 2023's shade is a striking one! Here, design pros share easy, affordable ways to usher Viva Magenta, a happy red with warm and cool undertones, into any room in your home



BEAUTIFY A HOME OFFICE ▶

"Dressing up an office with Viva Magenta boosts creativity *and* productivity," says design pro Shanade McAllister-Fisher (ShanadeMcAllisterFisher.com). Her advice for infusing the color into a workspace: "Paint a statement wall behind your desk in magenta or add a splash of color with a magenta-colored print to break up the monotony of a mostly neutral-toned space." Here, a white desk is jazzed up with a pink chair and magenta accents (a printed area rug, cute desk organizers, fresh supermarket flowers). Tip: Add interest by weaving in one or two extra colors (such as sunny yellow and brassy metallics, which contrast nicely against solid magenta) via small touches like vases, lamps and pillows.

Get the look: For a lovely magenta shade, try Magenta 2077-10 from BenjaminMoore.com

D.Blackmore; Shutterstock; www.ti-mediacontent.com. Text: Melissa D'Agnese

This week's WW PICKS

Amp up ambience ▶

Lend a sweet touch to your space with the alluring aroma of a tropical berry–scented candle. (Berry Fruit Punch 3-Wick Candle, $27, BathAndBodyWorks.com)

BATH AND BODY WORKS
BERRY FRUIT PUNCH
SCENTED CANDLE

◀ Offer blooming charm

Perk up any bare surface with a bold bouquet of gorgeous faux peonies. ($14, Mainstays 8" Peony in Vase, Walmart.com)

Organize reads ▶

Keep your favorite magazines and more contained in a magenta rack. ($48, Homecraft Furniture Freestanding Magazine Rack in Purple, HomeDepot.com)

Winter driving hassles *solved!*

Our simple tips will keep your car running and *you* safe and secure on the road this season—no matter how snowy and icy it gets!

Avoid a dead battery *with a full tank*

Cars typically require 40% more fuel to start in the winter, so even a half-full tank can make it tougher for the battery to do its job, says auto mechanic Luis Johnson. To preserve your battery's strength, just make sure your gas tank is topped off the night before a cold snap. Johnson also recommends replacing your battery every three to five years.

Clear an icy windshield *with white vinegar*

No need to expend energy scraping ice off the front of your car, says former professional driver Arnold Chapman (ELDFocus.com). His trick: Mix one part water to three parts white vinegar in a spray bottle and spritz the windshield. Vinegar lowers the freezing point of water, so the solution will melt the ice in a snap.

Unfreeze car doors *with this spritz*

"Have WD-40 lying around? Spray it along the rubber around your car door before a cold night," says Lauren Fix, The Car Coach®. "Its petroleum repels water, so it will keep the door seal moisture-free, preventing it from freezing shut overnight."

Stay safe on slick roads *with a bag of kitty litter*

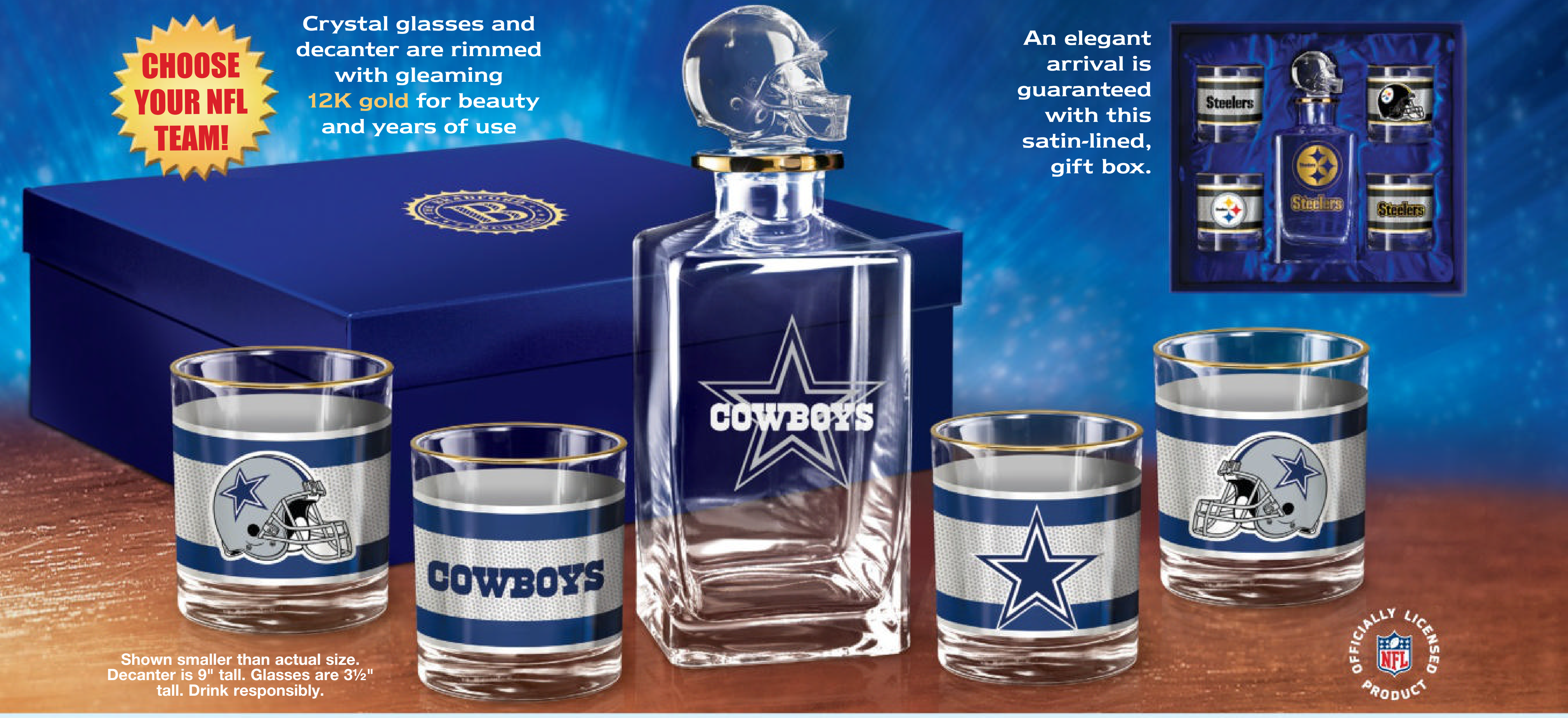
Storing a large bag of litter in your trunk will help weigh down the back of your car, helping to stabilize it and prevent fish-tailing on icy roads. If you do find yourself stuck, spread the litter around your tires to gain traction, suggests mechanic Stefan Kleinekoort (TheDriverAdviser.com). "Sand also works well—just sprinkle a bit around your tires until it covers the ice."

Outsmart stuck wipers *with rubbing alcohol*

When your wipers are stubbornly frozen tight to your windshield, unstick them instantly with a solution of one part water to three parts rubbing alcohol, advises mechanical engineer Mark Andrews, founder of MotorAsk.com. "Simply spray the wipers, and the alcohol will gently dislodge them in seconds."

Getty; Shutterstock (3); Adobe Stock. Text: Lindsay Bosslett

Celebrate YOUR TEAM in Style!



Crystal glasses and decanter are rimmed with gleaming 12K gold for beauty and years of use

An elegant arrival is guaranteed with this satin-lined, gift box.

Shown smaller than actual size. Decanter is 9" tall. Glasses are 3½" tall. Drink responsibly.

The four crystal tumblers and decanter arrive together in a distinctive, cushioned gift box. But don't delay, or you could miss out! Each team Legacy Crystal Decanter Set is exclusively available from The Bradford Exchange, and sellout demand is expected. Act now to acquire your own team's set in four easy installments of just $42.50, totaling $169.99*. The set is backed by our 365-day money-back guarantee. Send no money now. Just complete and return the Reservation Application today!

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Inflation busters

Save $100s on winter clothes and shoes

Your hunch is right: Thanks to all the layers you need to stay toasty and dry, your winter wardrobe really does cost more than other seasons—a whopping three times as much! But these easy tips can save you a bundle—as you bundle up!

Get your jeans *here*

Frustrated when you buy a perfect pair of jeans only to have your weight change a few months later and they no longer fit? Pick up your next pair at Maurices. The clothing store's Fit Freedom Jean Exchange program (Maurices.com/FitFreedom) allows you to exchange their regularly priced private brand M jeans by Maurices (they start at $29.99) at no cost if your pants size goes up or down within one year of purchase. Just visit one of the retailer's 895 locations across the U.S. and Canada or log on to Maurices.com, join their free MyMaurices loyalty program (Maurices.com/Maurices/MyMaurices), make your purchase, then keep your receipt. If within the following 365 days you need to exchange the jeans for a different size, just bring them in to the store for the exchange!

Look for look-alikes

Fell in love with a down coat or snow boots while shopping at a store online or in person? Before you put the item in your shopping cart, it's easy to check to see if a similar one is being sold elsewhere for less: Simply search for the name of the product you like (such as L.L.Bean Women's PrimaLoft Packaway Hooded Jacket) at Bing.com/shop and shopping.Google.com. You'll get a list of options that have similar features, along with their prices and where you can buy them so you can spot the best deal in seconds. These search engines scour dozens of major retailers, resale websites like eBay.com, Mercari.com and Poshmark.com, and discount retailers like 6pm.com and Walmart.com.

Tip!

Love to save money by knitting your own gloves and hats? The price of cotton yarn is now dropping due to an overabundance of inventory, which can save you big!

Nab free alterations

A growing trend among apparel companies? Offering complimentary repairs, hemming or customization. For example, Patagonia (visit Patagonia.com/start-repair) allows you to mail in coats, sweaters and other apparel for free mending, and all you have to pay is the $5 round-trip shipping. Madewell gives members of its free Insider loyalty program (Madewell.com/Madewell-insider-faq.html) free jeans hemming and free stamping and embroidery personalization on all denim and leather products. When buying pants at LandsEnd.com, you can have them cuffed or hemmed for free (LandsEnd.com/CustomerService/services/cuffing_hemming).

Score pre-owned treasures

Consignment and thrift stores aren't the only places to shop gently used gems. Major retailers are now selling pre-owned apparel, making it easier to find bargains on pullovers, parkas and more. For example, URBN brand clothing (Free People, Urban Outfitters and Anthropologie) recently launched Nuuly.com, where you can buy pre-owned clothing from over 300 brands for a fraction of their original price. Other retailers offering pre-owned items: The North Face (TheNorthFaceRenewed.com), H&M (rewear.HM.com), and Walmart.com (type "ThredUP" in the search bar).

Sneaky savings!

A simple way to save on winter boots and shoes: Buy them in a kid's size! Many brands create similar shoes for adults and children, but charge 20% to 50% more for the adult size—even though the kids' version fits most adult women's feet! For example, at LLBean.com, the child's Trail Model Hiker boot sells for $70—41% less than the adult version of a similar shoe. The general rule of thumb for converting sizes: big kids' sizes 4, 5, 6 and 7 are equivalent to women's 6, 7, 8 and 9.

Shutterstock; Adobe Stock. Text: Gabrielle Lichterman

Live better with *Food to Love*

Give your well-being a boost the delicious way with these new titles from *Food to Love!*

Packed with easy dishes you'll want to make again and again, all recipes are triple-tested so you can be sure they'll cook up perfectly every time!

Look for *Food to Love* titles wherever magazines are sold and online at MagazineShop.us

FOOD to Love
Your Favorite Foods—MADE HEALTHIER!
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89 CRISPY-PERFECT RECIPES with a fraction of the oil!
Loaded Korean Burger with Kimchi Slaw PAGE 31
The Do-It-All
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Sweet Breads
Quick-Prep Doughs
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BAKE THE COVER!
Caramelized Onion & Cheddar Pull-Apart, P. 12

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FOOD to Love
108 DELICIOUS EATS, READY WHEN YOU ARE
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COMFORT FOOD
Simmering Soups
Weekend Feasts
Family Meals
PLUS! Jams, Sauces, Breads & Sweets!
COOK THE COVER! COCONUT SQUASH SOUP PAGE 75

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"I earn up to $15,000 a year officiating weddings!"

Donna Grace MacLeod found the perfect way to help couples celebrate their love while padding her savings! Here's how

Come Together

Donna Grace MacLeod, 68, Edmonds, WA

"Back in 2010, I was living in Hawaii and working in life coaching and personal/professional development. I met a lot of folks who worked in the wedding industry, and they told me that I would be a great wedding officiant. I loved my career, but the idea sparked my interest! Once I found out how easy it was to become ordained online, I decided to go for it.

"I filled out an online application on American Marriage Ministries (theAMM.org) and was quickly approved and given a license registration at no cost. My first few gigs were simple beach weddings for friends. I had the best time, and realized that my coaching skills gave me a great foundation for officiating ceremonies.

"I had to pause officiating for a few years, but right before the pandemic, I was invited to do a group vow renewal ceremony and it reignited my passion. The timing was perfect: Due to lockdown, our local judge was unable to do courthouse weddings, and the requests began pouring in for elopements! With the help of a tech-savvy colleague, I launched a website (OfficiantGrace.com), created social media accounts, made a Google Business page and joined professional networks to bring in referrals.

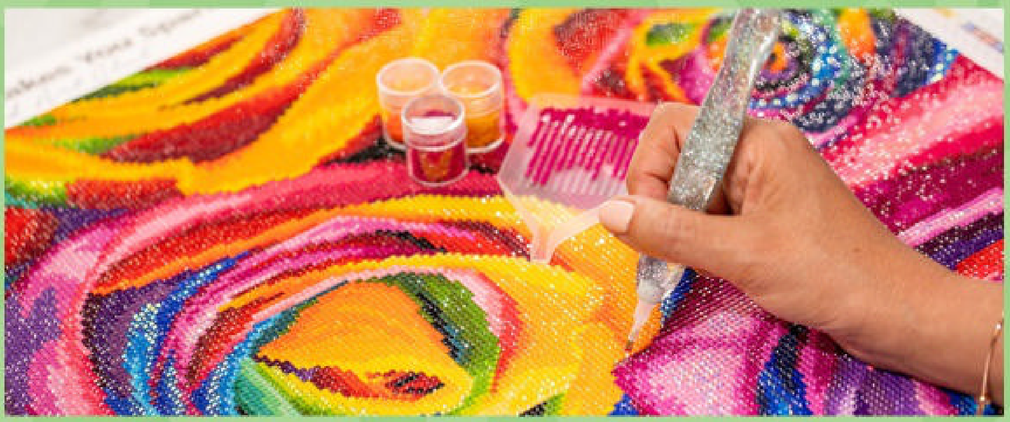
"I devote about three to four days a week to this side gig, which entails Zoom calls with couples, designing ceremony scripts and travel. I earn about $700 to $800 per wedding and made about $15,000 in 2022!

"It's such an honor to marry couples in so many beautiful locations, from the mountains to beaches. I love getting to know the couples and helping design a ceremony that reflects each unique love story!" WW

Win great prizes at WomansWorld.com/WinFeb!

Win a $100 Diamond Art Club gift card!

Relax, unwind and spark your creativity with 5 chances to win a $100 gift card to Diamond Art Club! Diamond Art Club is a combination of cross-stitch and paint-by-numbers, but uses shiny rhinestones to create visually dazzling mosaic diamond artworks that sparkle and shimmer. Crafters can create art while also enjoying benefits that include increased relaxation and exercising their fine-motor skills. The lucky winners can use their card to choose from hundreds of designs, including serene landscapes, cute animals, popular character art and more! *U.S. only. Ends 11:59 PM ET, 4/7/2023*



Win $1,000!

Shake up your finances with one chance to win $1,000 cash! Use it to start that home renovation project or to treat yourself to something extra special—the opportunities are endless! *U.S. only. Ends 11:59 PM ET, 2/28/2023*

Win a $100 Omaha Steaks gift card!

Enjoy a delicious feast fit for a king with one chance to be the lucky winner of a $100 Omaha Steaks gift card! Choose from an assortment of mouthwatering hearty fare and meal combinations—including filet mignon, salmon fillets, spiral sliced ham, prime rib, lobster tails, sides, desserts, gift baskets and more—all delivered right to your door! *U.S. only. Ends 11:59 PM ET, 2/17/2023*

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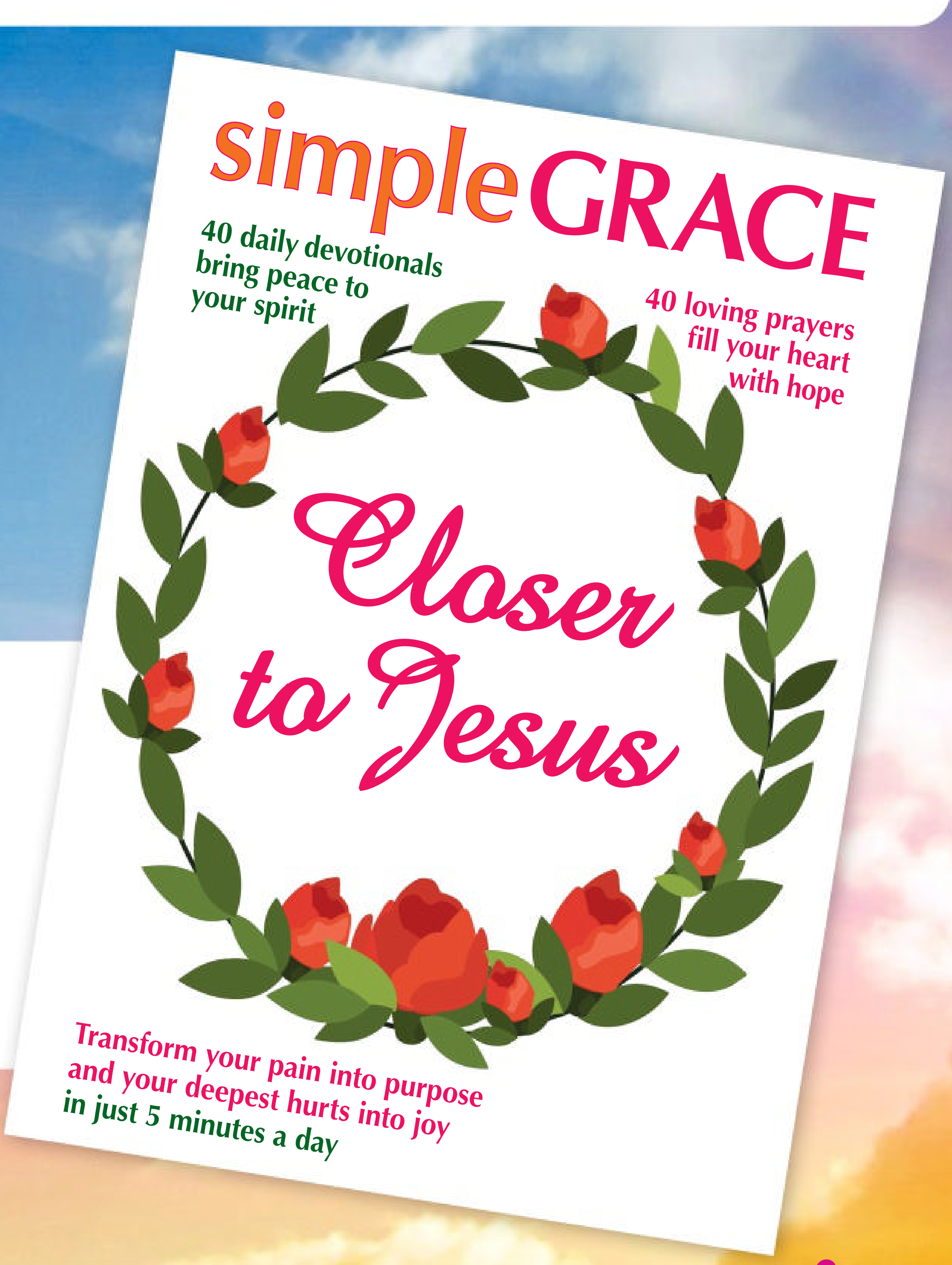
Feel your spirit soar with this 40-day devotional from the editors of *First for Women.* Each day offers a reading and a prayer that open your heart to Jesus, leaving you feeling loved and at peace. **Find it at MagazineShop.us/SimpleGrace**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WW DREAM GETAWAY!

Get lost in the beauty of Las Cruces!

Picture-perfect scenery, unique culinary experiences, thrilling outdoor activities and a bustling culture make this sun-kissed New Mexico destination the perfect winter respite!

Just imagining it brings joy!

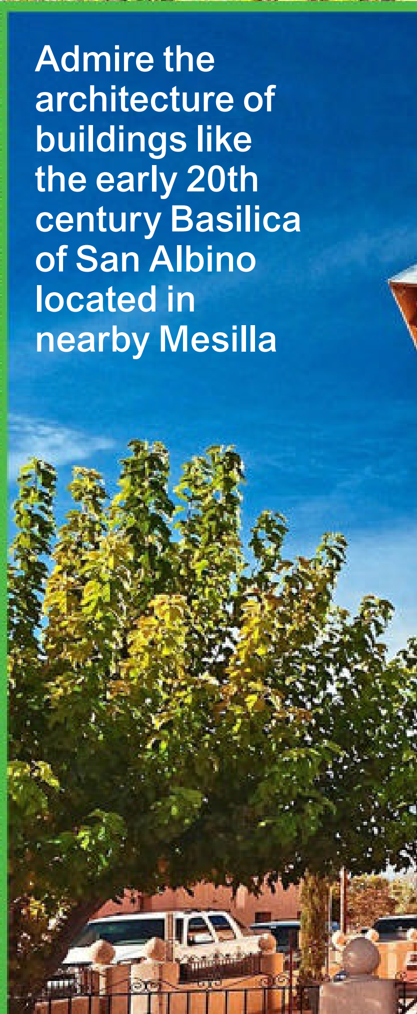
Studies show that simply looking at beautiful travel photos—like these!—releases *oxytocin* in the brain, helping you feel calm, focused and energized. It's a mini vacation for your brain!

Set your sights on scenic Las Cruces, New Mexico! Founded in 1849, this beautiful Mesilla Valley city is known for its national parks, top-rated farmers markets and 350 days of clear blue sky per year.

Begin your day by discovering local history at the New Mexico Farm and Ranch Heritage Museum. As you visit the 47-acre campus, you'll learn via exhibits, demonstrations and stories all about how food has been grown in the region.

Once you've worked up an appetite, pay a visit to The Shed restaurant for lunch. Try breakfast favorites with a Southwestern twist, homemade tacos or enchiladas and delicious hot sandwiches.

As dusk approaches, end your day with a relaxing evening at Rio Grande Winery. Located in one of America's oldest winemaking regions, the winery offers world-class wines and spectacular views of the Organ Mountains from their back patio.



Admire the architecture of buildings like the early 20th century Basilica of San Albino located in nearby Mesilla

Spy the iconic roadrunner bird, a member of the cuckoo family and the official New Mexico state bird

Visit Mesilla's historic plaza to see the Old Mesilla Farmers and Craft Market

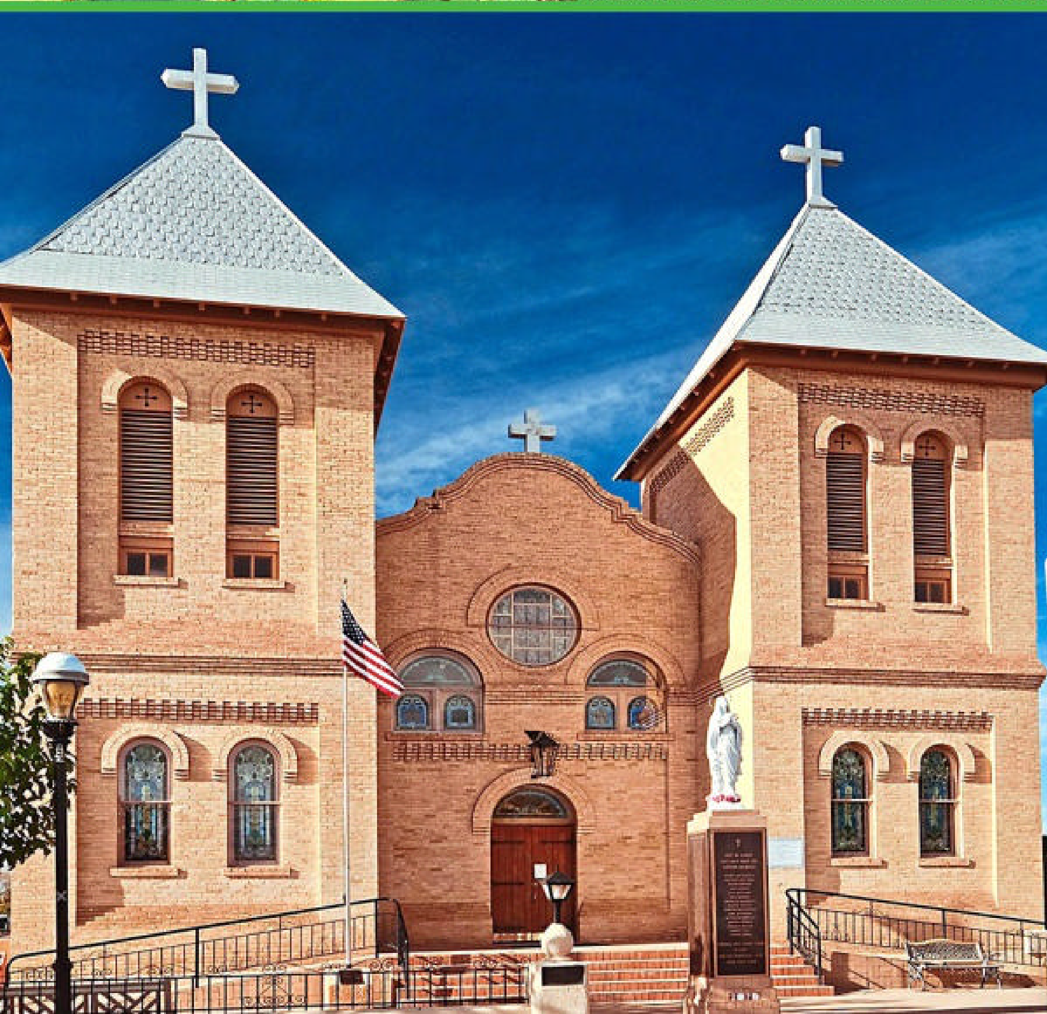
TAKE A MINI VACATION—AT HOME!

Delicious nachos inspired by La Nueva Casita Café and a tour of the best of Las Cruces will transport you to the city!

Mexican salad

- ☐ 1 lb. 90% lean ground beef
- ☐ 4 tsp. chili powder
- ☐ ½ tsp. ground cumin
- ☐ ¼ tsp. salt
- ☐ ¼ tsp. pepper
- ☐ 8 cups chopped romaine lettuce (10 oz.)
- ☐ 2 cups pico de gallo
- ☐ ½ cup guacamole
- ☐ 4 cups corn tortillas

● Cook beef in skillet until browned. Drain; return to skillet. Add seasonings. Cook, stirring, 1 min. Divide lettuce among 4 plates. Top with meat, pico and guac. Place chips around salad.



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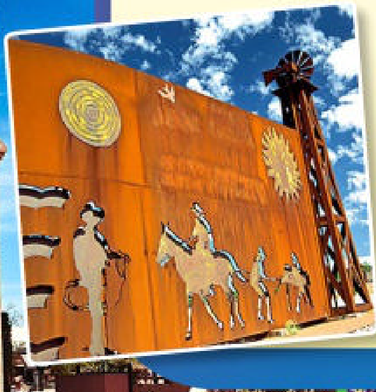


Virtual tour: Las Cruces City!

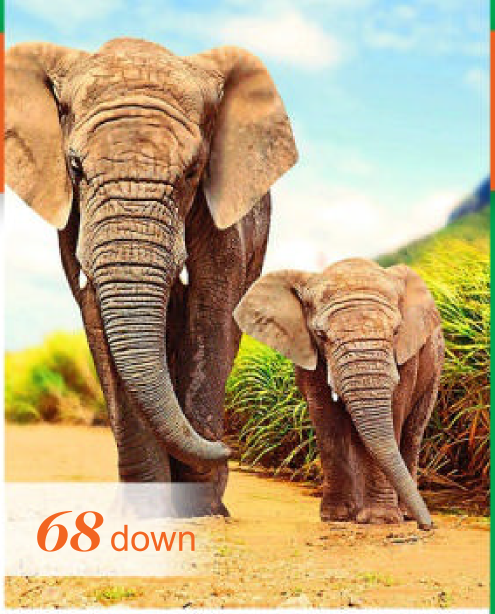
Admire some of Las Cruces' best sights like Baylor Canyon and the Las Cruces Museum of Art with 3D views of the popular attractions. Visit NewMexico.org/virtualtours and click on Las Cruces in the Southwest category.

Relax with Brain Games

CROSSWORD

Sweater weather

Use the letters highlighted in the finished puzzle to spell a sweater pattern

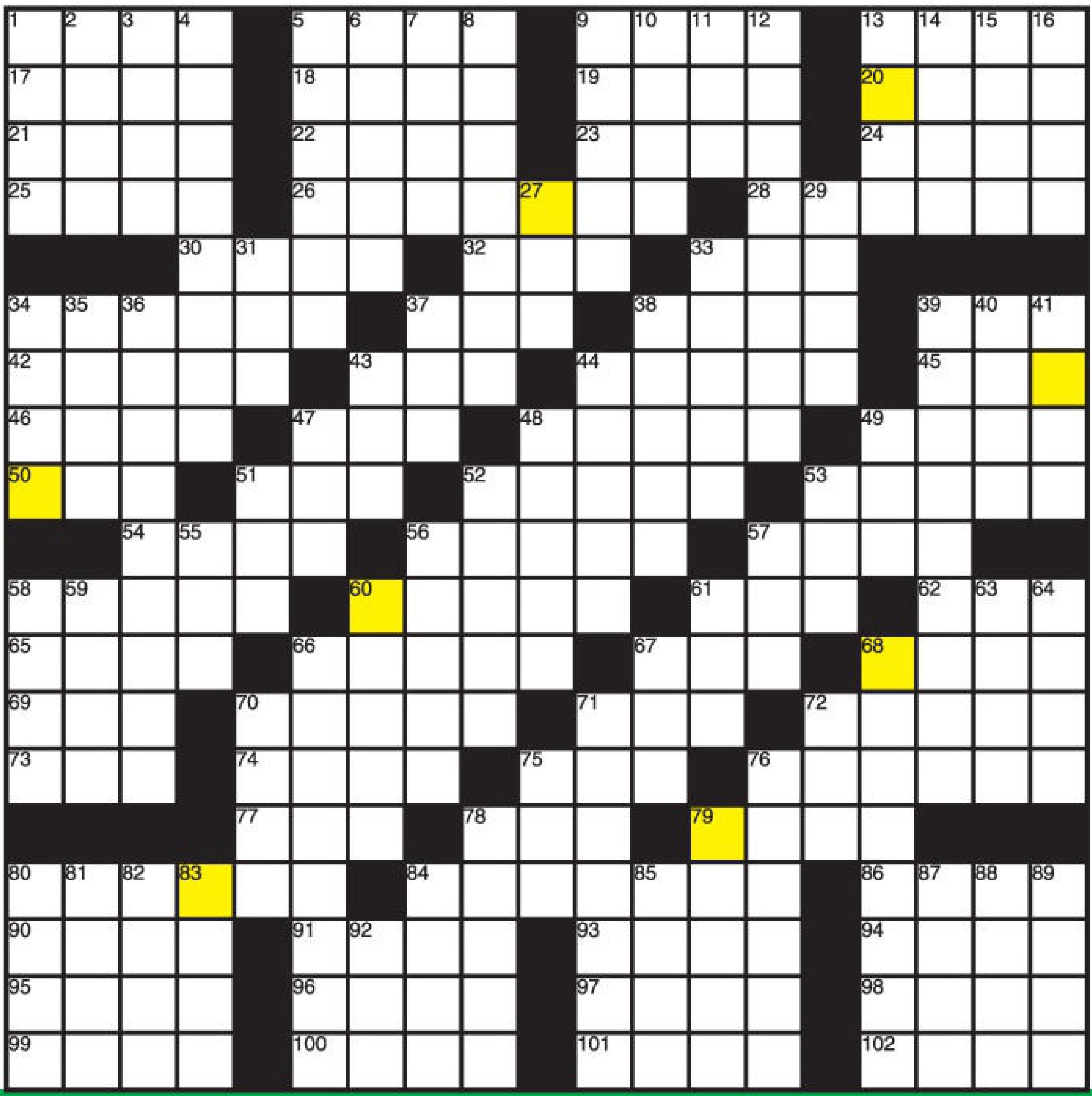


ACROSS

1 Sound rebound
5 Wild guess
9 Hair parter
13 Dutch cheese
17 Masterstroke
18 Ceramic piece
19 Not nearby
20 Prom transport
21 It's a cover-up
22 Fortune-teller's sign
23 Skirt style
24 Harbor vessel
25 The Beatles' "Back in the ___"
26 Proof of purchase
28 Trojan horse donors
30 Sights
32 TV spots
33 *Back to ___ Future*
34 Bookstore section
37 Halves of qts.
38 Computer info
39 Bird call
42 Burdens
43 Slangy turndown
44 Prodded with a finger
45 Feminine pronoun
46 These may be fine
47 Morning moisture
48 Like some points
49 Whittle (down)
50 Wind dir.
51 B.A. or Ph.D.
52 Plump chicken
53 Honeydew, e.g.
54 Verb preceder
56 Marathon runner
57 Wolf's sound
58 Magazine edition
60 Women with nieces
61 Racket
62 Twisty turn
65 Short comedic play
66 Parting word
67 Female sib
68 Suffix with refer or exist
69 Ida. neighbor
70 Steakhouse selection
71 Have dinner
72 Pond growth
73 See red?
74 Snakes in hieroglyphics
75 Teen tube fave
76 Toast word
77 Winner's take
78 Ring bearer, maybe
79 Uproar
80 Frontiersman ___ Boone
84 Calling up trouble?
86 Rabbit moves
90 Zip
91 Yen
93 Like some traffic
94 Diva's solo
95 Succotash ingredient
96 Wedding cake feature
97 Pool sticks
98 Butterfly catchers
99 Things on rings
100 Whirlpool
101 Sweep under the rug
102 Young 'uns

DOWN

1 Tannish
2 Whispers sweet nothings
3 Centers of activity
4 Runs
5 Partner of dark
6 Multiplied by
7 Smart-___
8 Not worthy of
9 Sleeps in a tent, say
10 "Think nothing ___" (2 wds.)
11 Like some scientists
12 More lustrous
13 Otherwise
14 They're spotted in casinos
15 Run ___ (go wild)
16 Cuts the grass
27 Tags
29 Go through
31 April org.
33 Spoken for
34 School orgs.
35 Sculls
36 Widespread
37 Bear's foot
38 Contributor
39 Call into question
40 Prefix with space
41 Wee warbler
43 Not pos.
44 Vocal skill, informally
47 TV room
48 Lowdown
49 Nave bench
51 Rightful
52 Narrow boat
53 Sun. follower?
55 Ump's call
56 Totally wrecks
57 Towel stitching
58 "This ___ laughing matter!" (2 wds.)
59 Slant unfairly
60 Get a pet from the pound, e.g.
61 Party bowlful
63 *The Lion King* villain
64 Visits
66 Sheer
67 Ford Explorer, e.g.
68 Animal with a trunk
70 Adhesive on a roll
71 Limber up
72 Triumphant cry
75 Word before and after "oh"
76 Contract provision
78 Manicurist's board
79 ___ up (really excited)
80 Pack of cards
81 Skin moisturizer
82 Not
83 Vacationers' stops
84 Seasoned
85 Feng ___
87 Dunkable treat
88 Actor Brad
89 Talk back to
92 Relieve



Sudoku

Fill the empty squares with the numbers 1 through 9 so that each row, column and 3x3 square contains all the numbers from 1 through 9

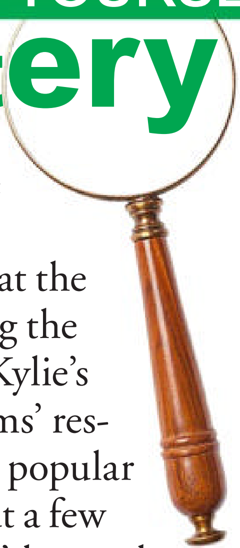
								2
	7				5			3
		3				7		8
2			5	3	9	1		
1		8	7		4	3		5
		6	1	8	2			7
7		5				6		
4			9				5	
9								

Shutterstock (2); Alamy

For answers to Crossword and Sudoku, turn to pg 50

SOLVE-IT-YOURSELF

Mystery



Cat café conundrum

Detective Eve Channing glanced up at the banner announcing the grand opening of Kylie's Cat Café. Kylie Sims' restaurant had been a popular eatery for years, but a few months earlier, she'd agreed to partner with the Shadow Falls Humane Society to convert her establishment into a "cat café" to promote the adoption of homeless furry friends.

"Detective Channing," came a voice from the right as Eve entered the café. "Thanks for coming before the sun's even fully up. I appreciate it."

Eve turned toward a tall blonde behind the counter.

"We're scheduled to open in an hour," said the woman Eve recognized as Kylie Sims, "but when I arrived this morning, I found the cash box in my office had been emptied during the night."

"Were there any signs of a break-in?"

"Not that I could see," Kylie answered.

"Sounds like the robber must have had a key," said Eve as Kylie led her back through the cat lounge to the office. "Besides you, who has one?"

"Ruth Culross does…she's my former server."

"Former?"

"Ruth has a severe allergy to cats and worked her last shift earlier this week before our cats started to arrive. She wasn't happy with my decision to convert the restaurant. She'll be dropping by sometime today to pick up her last paycheck and return her key."

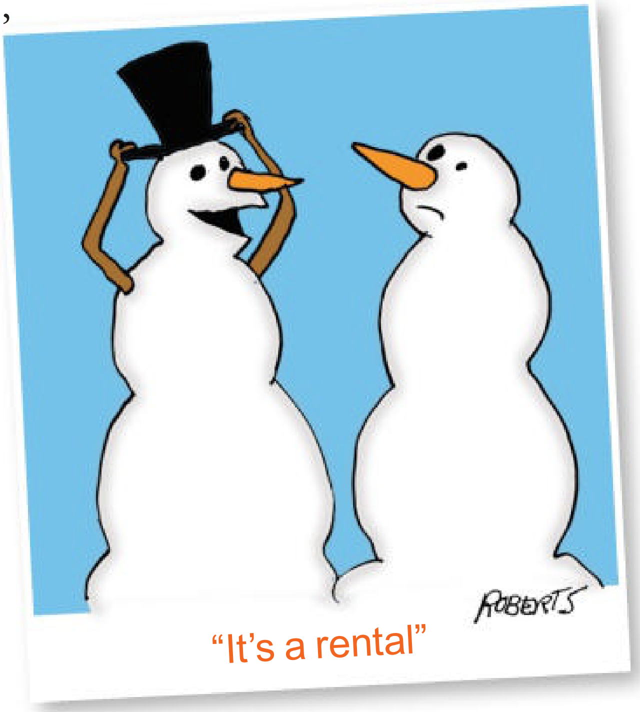
"Anyone else?" said Eve.

"Pete Burrows, of course," said Kylie. "He's the security officer for the building."

"Is that it?"

"Mr. Dexter, the building's owner," said Kylie. "He's been trying to get me to relocate, but I have a lease for another year."

"We have to consider anyone with a key," said Eve.



"It's a rental"

"Then June Fletcher goes on the list too," said Kylie. "She's with the Humane Society and has been responsible for transporting cats to the café."

A quick call to Ronald Dexter's office eliminated him as a suspect since he had been out of town all week.

Reentering the café section, Eve and Kylie confronted a diminutive woman holding a pet carrier. "Kylie," said the woman, "I have a last-minute guest for the lounge. I picked up Hank here at the firehouse over in Central City. Had to drive half the night to get him here for the grand opening."

"June," said Kylie, "this is Detective Channing. I'm afraid our opening will have to be postponed. We've had a robbery overnight."

Realizing that June's alibi would be easy to check, Eve headed out the front door. She had spotted a heavyset man in a rumpled uniform standing toward the end of the building. "Mr. Burrows?" she said.

The man looked up. "Yes."

Eve flashed her badge. "We had a robbery at Kylie Sims' café last night."

"That can't be true," said the security officer with a frown. "I was on patrol all night."

"I understand you have a master key to the building," said Eve.

"That's right," said Burrows, "but I never enter a business unless I see or hear something suspicious. I'm just coming off the night shift, so please tell Ms. Sims I'll be getting a report from her in a few minutes."

Not exactly sure of her next move, Eve reentered the café, where she found Kylie and June surrounded by a bunch of cats. "Kylie," she said, "I guess you'd better give me Ruth's address. She's my last lead."

Just then, a sedan pulled up in front of the café, and a young woman got out. She seemed hesitant as she looked toward the café.

"There's Ruth now," said Kylie, her eyes narrowing as Ruth made her way to the entrance. As Officer Burrows passed her, Ruth sneezed violently, pulling a tissue from her jeans before pulling open the café door.

"Kylie," said Eve, "something tells me your grand opening is going to be the cat's meow after all." —*Hal Charles*

Q: Who stole the cash?

A: Turn to pg 51

Order Up!

Can you guess which happened first, second and third?

___ **A.** *Mamma Mia!* with Meryl Streep is released

___ **B.** Arnold Schwarzenegger steps in as governor of California

___ **C.** *Dora the Explorer* debuts on Nick Jr.

Person, Place or Thing?

Can you guess what I am?

- ☐ I can be sweet sometimes
- ☐ If you find yourself "in" me, you might be in trouble
- ☐ I'm a regular at the deli
- ☐ In Victorian times, I was a delicacy
- ☐ In the South, I'm often deep-fried
- ☐ I'm fermented
- ☐ Add "ball" to my name and you get a trendy sport
- ☐ In France, I'm called a cornichon
- ☐ I used to be a cucumber
- ☐ People put me on hamburgers

Order Up! C. 2000 B. 2003 A. 2008

Person, Place or Thing? I am a pickle

My Guardian Angel

Readers share their stories of divine intervention

Roadside angel

When *Woman's World* reader Diane Chambers was stuck alone, with a flat tire late at night, an angel came to her rescue! She writes:

Years ago, I was traveling to DeKalb, Illinois, from the Chicago area after school to work on my Masters in Elementary Education with an Art minor. At this time, there were no cellphones and the road to DeKalb was a two-lane country road, bordered on both sides by cornfields.

One dark, foggy night, around 10 PM, while driving home from an art class, my car started wobbling. I carefully pulled over onto the narrow gravel shoulder. I said a quick prayer: "Angels, please help me," and got out of my car to check my tires.

All of a sudden, without a sound, two headlights appeared and a man approached me.

"Flat tire?" he asked.

"Yes, it looks like it," I stammered. "I have never changed a tire before," I added.

"Is there a spare in the trunk?" he questioned.

"Yes, I think so."

We took my art materials from my trunk, and uncovered the spare tire and the jack and he got to work.

I couldn't see much because of the glare from his headlights and because of the man's hat.

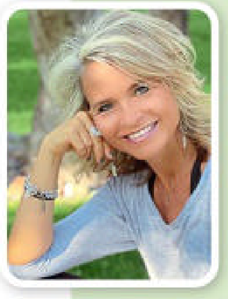
The quiet man with the hat changed my tire. After he tapped the hubcap back on, I started to put my art supplies back in my trunk, and before I could turn back around, the lights and man were gone.

> *"The man and the lights just disappeared..."*

No car had passed me. The man and the lights just disappeared. No traffic had passed from either direction. I just stood on the side of the road, looking out into the darkness in complete disbelief.

I know I didn't imagine the man. Someone changed my tire. But where had he gone? How had he appeared and now disappeared so quickly? I didn't even get to properly thank him.

Who changed my tire? It took me years of replaying this scenario in my head to realize that I had been helped and blessed by an angel. When one has an open, grateful heart, amazing things can happen.



ANGEL EXPERT SUNNY DAWN JOHNSTON SAYS...

"I love these magical experiences—when you know that you had an experience, but it doesn't make sense as to how it happened, and it feels unbelievable. I like to call circumstances like that the 'Divine Mystery.' We can try to figure it out for years, and it just boils down to miraculous.

"For Diane, she experienced the miracle of her guardian angel taking the form of the helpful man with the hat. The quick prayer she uttered before getting out of the car was immediately received and manifested. This a great reminder for us—always ask your angels for help!"

Shutterstock (3); Adobe Stock

If you have an angel story you'd like to share, please send it, along with a clear photo of yourself and your name, address and phone number to: Angels, *Woman's World,* 270 Sylvan Ave., Englewood Cliffs, NJ 07632, or email us at Angels@WomansWorldMag.com. By submitting your story, you are granting *Woman's World* permission to use it and your photo in the print magazine, on our website and/or in future special issue publications. Submissions may be edited for style.

Sunny Dawn Johnston (SunnyDawnJohnston.com and Facebook.com/SunnyDawnJohnstonFanPage) is an internationally known angel expert. She is the author of 20 books, including *Invoking the Archangels, The Love Never Ends* and *365 Days of Angel Prayers,* as well as her latest bestselling card deck, *The Multi-Dimensional Oracle.*

7 Days of *Inspiration*

Take one a day and feel great all week!

Day 1
You have so much to offer!

Day 2
Positivity is always on your side

Day 3
Listen to your heart: It knows what's important

Day 4
A hug is still one of the best things to give or get!

Day 5
Your 'flaws' are few and your strengths are many

Day 6
Stress can wait. Your happiness can't

Day 7
Life is a layer cake: great on every level!

Circle of kindness

Readers share little reminders of how much goodness there is in the world

"HER SMILE BLESSED ME!"

A little while ago, I was in a parking lot of a busy supermarket. As I walked to my car, I noticed an elderly woman trying to take all of her groceries out of her shopping cart and load them into her car, but I could see that she was having a hard time. So I rushed to help her. It was just a small thing, but I will never forget the happy look on her face! Kindness truly always makes a difference. Doing something kind for others is never wasted. It blesses the one who receives the kindness and blesses the giver. Her smile blessed me so much that day!

—Ana Hilner, Oxford, MA

"KINDNESS CAME SPECIAL DELIVERY!"

I had surgery to help alleviate pain I was experiencing in my foot. A bone from my knee was fused onto the top of my foot. It was same-day surgery, so I went home that evening. The next day, the recovery room nurse called to see how I was doing. During our conversation, I mentioned to her that the hospital failed to send a post-surgery shoe home with me so I could get around the house. She asked me for my shoe size, and that evening, after her shift ended, she brought two shoes all the way over to my home. That wasn't part of her duties. She did it from the goodness of her heart. What a blessing nurse Rose's kindness was. I will always remember her.

—Jean Tarner, Madison, IN

"HE DROPPED WHAT HE WAS DOING TO HELP ME OUT!"

I have a problem walking and use a cane or walker. I also have a fear of going on elevators alone. I had to go up to the second floor of a building recently to attend a meeting. I stood between the elevator and the stairs for several minutes, hoping someone would come to use the elevator and I could ride with that person. When it got to be late, I decided to start up the stairs and a man who was working on the electricity approached me and said, "Why aren't you using the elevator?" I explained to him that I had a fear of the elevator, and he dropped what he was doing and rode up with me. There are truly kind people in this world.

—Jacqueline Bakal, Lodi, NJ

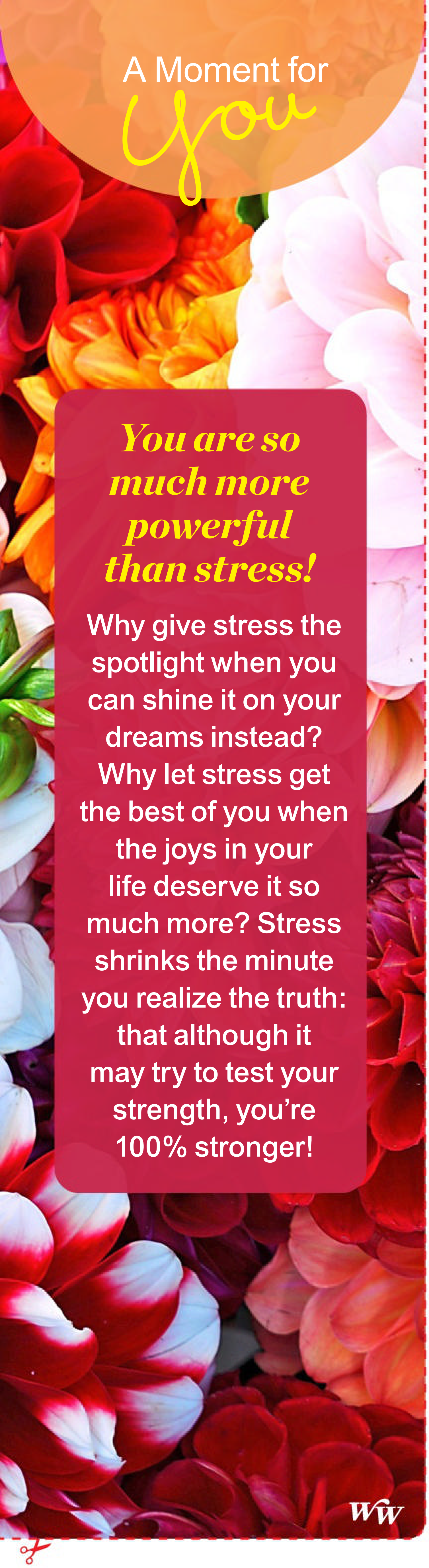
Instant ahh...

Take a moment to leave your worries behind and lose yourself in loveliness

"Count your age by friends, not years. Count your life by smiles, not tears"

—John Lennon

Do you have an act of kindness of your own to share? We thought so! Please email it, along with your name, address and a clear photo of yourself to: CircleOfKindness@WomansWorldMag.com. Or mail it to: Circle of Kindness, *Woman's World,* 270 Sylvan Ave., Englewood Cliffs, NJ 07632. By submitting your story, you are granting *Woman's World* permission to use it and your photo in the print magazine, on our website and/or in future special issue publications. Submissions may be edited for style.



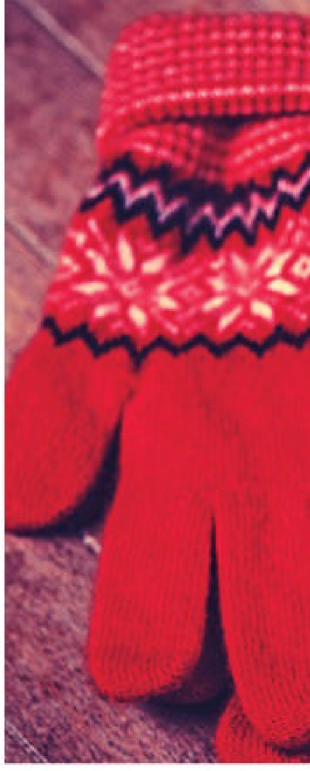
A Moment for You

You are so much more powerful than stress!

Why give stress the spotlight when you can shine it on your dreams instead? Why let stress get the best of you when the joys in your life deserve it so much more? Stress shrinks the minute you realize the truth: that although it may try to test your strength, you're 100% stronger!

5-MINUTE ROMANCE

Love on an icy lane



When Officer Charles Sanders pulls up behind a stranded driver one afternoon, he never expects to find a chance at love smiling back at him

Officer Charles Sanders was midway through his morning shift when he saw the car ahead of him pull off to the side of the road. Its rear tire thwapped with each rotation and he shook his head as he pulled up behind it, pellets of sleet bouncing off of his windshield. He had enjoyed being on the force for the last 30 years, but it was weather like this that had convinced him to retire at the end of the month. *Plus, I'm not getting any younger,* he thought, glancing into the rearview mirror at his salt and pepper hair. Still, the thought of retirement filled him with a strange anxiety: After all, he was widowed, and beyond a quick trip to Florida, he didn't have a plan to fill his days.

> *"His heart skipped a beat as he gazed at her smile"*

Flipping up his jacket collar to keep the cold off his neck, Charles made his way to the driver's window. But when a friendly face framed with some strands of gray turned to look at him, he felt a warm glow spread through his body, and suddenly, he hardly noticed the cold ice still raining down on him. He motioned for her to lower her window and offered a kind smile.

"I see you have a flat," he said, trying to keep his voice steady as her gray-green eyes met his. "Can I see your license?"

"Did I do something wrong, officer?" she asked, anxiety creasing her perfect face. "I felt the tire going flat, so I pulled over as soon as I could." Charles looked at her license and noticed with a thrill that they were the same age.

"You did everything right, Mrs. Boyers. Do you have a service you can call to fix the tire?" He pushed his luck a bit further and asked, "Or your husband—maybe he could come out and change it for you?"

"Neither," she sighed. "I always meant to get an auto service after Ronnie died." Charles watched as she ran her hands back and forth across the steering wheel. "But here I am, five years later and still no car service. Figures, right?"

Charles sensed her nervousness and answered in what he hoped was his most soothing voice. "Well, you're in luck—I have a friend who owns a garage just a mile down the road. He'll have time to put on a new tire this afternoon, Mrs. Boyers."

Adobe Stock (2)

Turn upside down for Brain

This week's Crossword solution

E	C	H	O	■	S	T	A	B	■	C	O	M	B	■	E	D	A	M
C	O	U	P	■	T	I	L	E	■	A	F	A	R	■	L	I	M	O
R	O	B	E	■	O	M	E	N	■	M	I	D	I	■	S	C	O	W
U	S	S	R	■	R	E	C	E	I	P	T	■	G	R	E	E	K	S
■	■	■	A	I	M	S	■	A	D	S	■	T	H	E	■	■	■	■
P	O	E	T	R	Y	■	P	T	S	■	D	A	T	A	■	C	A	W
T	A	X	E	S	■	N	A	H	■	P	O	K	E	D	■	H	E	R
A	R	T	S	■	D	E	W	■	F	I	N	E	R	■	P	A	R	E
S	S	E	■	D	E	G	■	C	A	P	O	N	■	M	E	L	O	N
■	■	N	O	U	N	■	R	A	C	E	R	■	H	O	W	L	■	■
I	S	S	U	E	■	A	U	N	T	S	■	D	I	N	■	E	S	S
S	K	I	T	■	A	D	I	O	S	■	S	I	S	■	E	N	C	E
N	E	V	■	T	B	O	N	E	■	S	U	P	■	A	L	G	A	E
O	W	E	■	A	S	P	S	■	M	T	V	■	C	H	E	E	R	S
■	■	■	■	P	O	T	■	E	A	R	■	F	L	A	P	■	■	■
D	A	N	I	E	L	■	A	M	N	E	S	I	A	■	H	O	P	S
E	L	A	N	■	U	R	G	E	■	T	H	R	U	■	A	R	I	A
C	O	R	N	■	T	I	E	R	■	C	U	E	S	■	N	E	T	S
K	E	Y	S	■	E	D	D	Y	■	H	I	D	E	■	T	O	T	S

Crossword Jumble: Fair Isle

“Call me Colleen. And thank you, officer—I would really appreciate that,” she smiled. *Now that’s something I could look at for the rest of my life,* he thought, his heart skipping a beat as he gazed at her smile.

“Your tire looks okay to drive to the garage…you can follow me there, if you’d like.” *Be brave, Charles,* he told himself, clearing his throat as he glanced at his watch. “And while it’s getting fixed, maybe we could grab a cup of coffee across the street. I’m due for a break anyway.”

Her answering nod sent a shock of energy through him, and he jogged back to his car. Minutes later, sitting across the table from her at the coffee shop, he asked her, “Where were you headed before your tire went flat?”

Colleen let out a little laugh. “It’s ironic actually—I was on my way home from what my lady friends and I call our ‘Grin and Bear It’ meeting.” As she wrapped her fingers around her coffee cup, he noticed she still wore her wedding band, but on her other hand. The tenderness he felt for her at that moment caused his heart to flutter, and he nervously bumped his cup, splashing coffee onto the table. Their hands brushed as he reached for a napkin, and he let it linger a beat longer than necessary. Retrieving the napkin, he dabbed at the coffee, surprised at this new feeling.

“What do you do at these meetings?” he finally managed to ask.

“Well, we’re all widowed or divorced so we discuss things like what we would do if the furnace acted up or the dishwasher clogged…”

“Or if you needed a tire changed?” he added with a grin.

“Exactly,” she replied. “We’re putting together a list of reliable handymen who we can call on when these things happen—maybe I’ll add your friend to that list.”

Now or never, Charlie, he thought, leaning a little closer to her across the table. “Well, I am about to retire here soon, and I’m a pretty handy guy…any way for me to get on your call list too?” he asked.

Colleen looked surprised at first, but then leaned in, pushing a fresh napkin and a pen toward him with a coy smile. “As long as you don’t give me a ticket, I think I can squeeze you in,” she quipped.

Charles’ heart soared as he scribbled his number down. Retirement was looking better and better by the minute.

—*Carol Kalmes*

Games Answer Key

Games on pages 46–47

Mystery solution

When Eve saw Ruth sneeze as Officer Burrows passed her, she remembered the former server’s allergy. Eve reasoned that Burrows had used his key to enter the café the night before, walk through the cat-filled lounge, and take the money. Since he hadn’t had a chance to change out of his uniform, the cat hair he had collected triggered Ruth’s attack. Confronted, Burrows confessed and turned over the cash, and the grand opening was a success.

This week’s Sudoku solution

8	1	4	3	9	7	5	6	2
6	7	9	8	2	5	4	1	3
5	2	3	4	1	6	7	9	8
2	4	7	5	3	9	1	8	6
1	9	8	7	6	4	3	2	5
3	5	6	1	8	2	9	4	7
7	8	5	2	4	1	6	3	9
4	6	2	9	7	3	8	5	1
9	3	1	6	5	8	2	7	4

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WW YOUR HOROSCOPE

For the week of Sunday, January 29, to Saturday, February 4

by Maressa Brown

AQUARIUS Jan. 20–Feb. 18

On the 29th, you'll enjoy a blast of creative energy. Leaning into a self-expressive project brings joy. On the 3rd, an out-of-the-blue interaction with a loved one may be a sign it's time to relate to others in a new way. Give it a try!

Your lucky days: January 30, 31, February 1
Your lucky numbers: 4, 5, 11

TAURUS Apr. 20–May 20

On the 29th, you'll enjoy a boost of self-confidence and optimism, particularly when it comes to taking on a leadership role. You'll soar! On the 4th, you may have a surge of motivation to hit the gas on an artistic group project.

Your lucky days: January 29, February 2, 3
Your lucky numbers: 2, 10, 11

LEO July 23–Aug. 22

Pairing up with a co-worker on the 30th helps you create momentum on a long-term goal. Then, doing your best to be flexible can preempt frustration on a big-picture project come the 3rd. Calm is key!

Your lucky days: January 30, 31, Feb. 4
Your lucky numbers: 7, 10, 11

SCORPIO Oct. 23–Nov. 21

Come the 29th, enlist loved ones to work with you on an ambitious project around your home. You'll hit the finish line faster than you think! And on the 3rd, pour your emotions into an artistic project—you'll soar!

Your lucky days: February 2, 3, 4
Your lucky numbers: 4, 8, 18

PISCES Feb. 19–Mar. 20

Consider working with loved ones on a project come the 31st. You'll make real progress! And on the 2nd, carve out time to swim in the deep end of your imagination and daydream, as it could lead to a breakthrough.

Your lucky days: February 2, 3, 4
Your lucky numbers: 5, 12, 14

GEMINI May 21–June 20

On the 31st, getting out of your comfort zone is a must. Trust your gut to lead the way. And come the 4th, lively brainstorms and animated conversations with friends have you feeling especially connected. Enjoy!

Your lucky days: January 30, 31, Feb. 1
Your lucky numbers: 3, 9, 12

VIRGO Aug. 23–Sept. 22

On the 29th, consider striking out on your own on a project to enjoy lasting satisfaction. And on the 2nd, opening up to friends—or perhaps one special confidant—about your most heartfelt wishes proves centering.

Your lucky days: February 1, 2, 3
Your lucky numbers: 5, 9, 11

SAGITTARIUS Nov. 22–Dec. 21

Set aside time for a plan to hit a goal with a co-worker on the 31st. What you come up with will lead to a win. On the 4th, tempers with loved ones may flare. Revisit a heated conversation once cooler heads have prevailed.

Your lucky days: January 30, February 3, 4
Your lucky numbers: 7, 9, 16

ARIES Mar. 21–Apr. 19

Stepping into the spotlight and embracing innovation can earn you recognition on the 30th! Then, on the 1st, share what's in your heart with a dear friend or colleague. It will ultimately bolster mutual understanding.

Your lucky days: January 30, 31, Feb. 1
Your lucky numbers: 1, 3, 10

CANCER June 21–July 22

Wearing your heart on your sleeve can bring you closer to loved ones on the 1st. Don't be afraid to express how you're feeling! Then, around the 2nd, spending time with friends doing something out of the ordinary brings bliss.

Your lucky days: February 1, 2, 3
Your lucky numbers: 2, 8, 9

LIBRA Sept. 23–Oct. 22

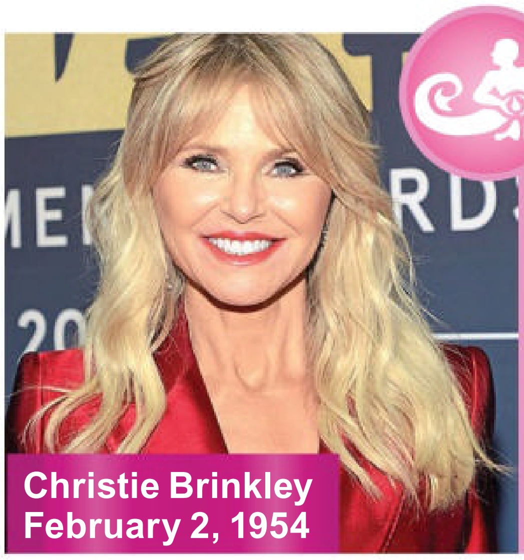
Dive into an exciting artistic project that's calling your name on the 1st. You'll feel productive and have a pleasurable time. Then, plans with friends or loved ones set the stage for joy and relaxation on the 4th. It's your chance to shine!

Your lucky days: January 30, 31, Feb. 4
Your lucky numbers: 7, 14, 18

CAPRICORN Dec. 22–Jan. 19

Tune into your heart's desires on the 30th. It can lead you to your next big ambitious undertaking. On the 1st, set aside time with a dear friend or loved one, as it can lead to an intellectually stimulating learning opportunity.

Your lucky days: January 29, 30, Feb. 2
Your lucky numbers: 3, 5, 10



Christie Brinkley
February 2, 1954

Happy Birthday! Year-ahead forecast for those born this week

Aquarius, get ready for fun! From mid-February to early March, messenger Mercury moves through your sign, giving you a chance to enjoy a surge of confidence when it comes to sharing your big-picture ideas. Articulate what you have on your mind and in your heart: It can translate into a fulfilling collaboration! Then, from early to mid-March, communicator Mercury in your money zone enhances your ability to research and trade notes on income-boosting projects. What you learn and discuss could end up delivering well-deserved rewards. From mid-April to mid-May, information-gathering Mercury's retrograde in your home zone makes for heartwarming walks down memory lane with loved ones. Enjoy every second!

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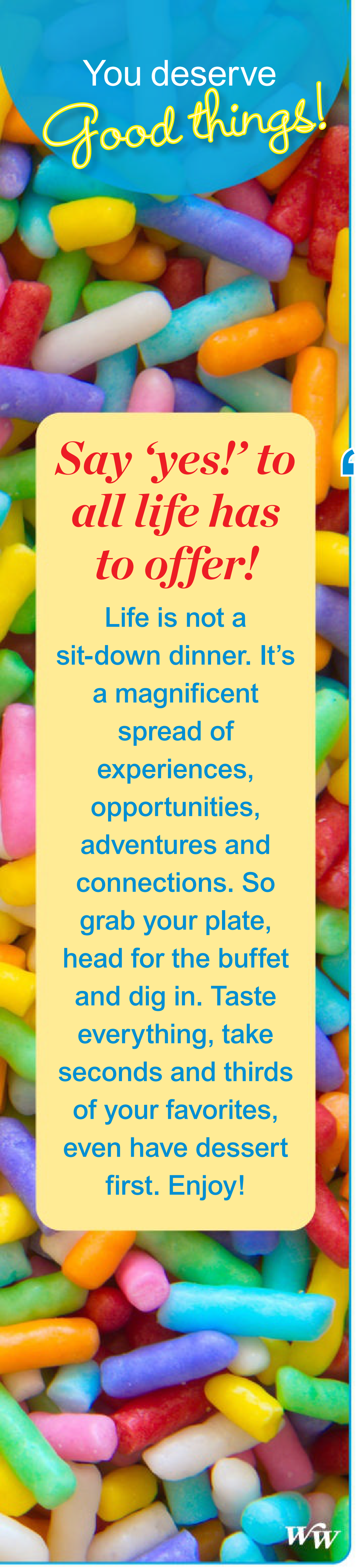


You deserve *Good things!*

Say 'yes!' to all life has to offer!

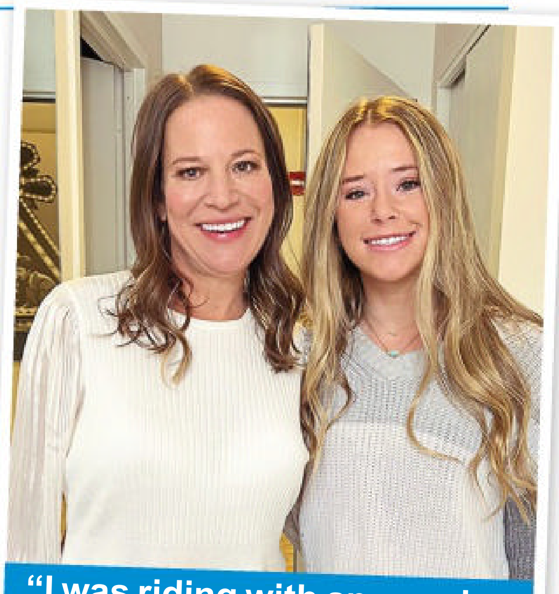
Life is not a sit-down dinner. It's a magnificent spread of experiences, opportunities, adventures and connections. So grab your plate, head for the buffet and dig in. Taste everything, take seconds and thirds of your favorites, even have dessert first. Enjoy!

Teen Hero

Proof that it only takes one person to make a difference

She saved her mom's life—and many others!

When her mom had a seizure while driving and her leg wedged on the gas pedal, 15-year-old Reaghan Monahan squirmed her way into the driver's seat and took control as the speedometer climbed to 80 mph!



"I was riding with an angel that day," says Elizabeth *(left)* with her daughter/hero, Reaghan *(right)*

"You'll get 'em next time," Elizabeth Monahan rallied her daughter, Reaghan, as she started the Subaru for the 30-minute drive home from the 15-year-old's Tinley Park, Illinois, high school volleyball game.

"The good news is I think I aced my math test," Reaghan said as they merged into rush-hour I-294 traffic. But then…

"What are you doing?" Reaghan asked as her mom's head tilted sideways, striking the driver's side window. "Quit joking around!" she nudged as the Subaru lurched into sudden acceleration.

But Elizabeth didn't respond…she was having a seizure. Her eyes went glassy, and her legs went rigid, jamming the gas pedal to the floor.

"Mom!" Reaghan gasped in horror, reaching for the wheel and jerking it to the right seconds before ramming into another car as the speedometer crossed 70 mph, then 80!

The traffic was thickening. Her mom's leg was still rigid—Reaghan couldn't budge it!

I've got to do something, Reaghan realized.

Using her free hand to unclip her belt, Reaghan struggled into her mom's lap. She didn't have her license, but she was in driver's ed.

"Remember to pay attention to what's all around you," the instructor had urged, so Reaghan made sure to check her mirrors. She also knew that if she crashed into one of the cars ahead, the drivers behind her would be in danger too. So, between near misses, she rolled down the window and frantically waved, hoping people would understand she was in trouble.

Reaghan swerved left, then right as their car bulleted down the highway, barely avoiding a major collision.

She had to get her mom's foot off the gas pedal. Suddenly, Reaghan remembered the seat control. She reached down along the driver's seat and jammed it back as far as it would go. Her mom's leg was still rigid, but the few inches were enough. The car engine slowed.

The Subaru was still doing 60 when Reaghan steered onto the breakdown lane…followed by a second car, an off-duty firefighter who'd understood Reaghan's peril and had already called for help.

As she put the car in park, Reaghan broke down in tears.

"Help is on the way," the firefighter said, and checking Elizabeth's vitals, told Reaghan, "She's going to be okay."

"What…what happened?" Elizabeth asked groggily when she woke up in the ambulance, Reaghan at her side.

"You had a seizure," Reaghan explained the last few minutes.

After two days of tests, doctors could find no cause for Elizabeth's seizure. She'd never had one before, nor has she suffered any since.

"I was riding with an angel that day," she insists. "Reaghan saved my life, and possibly several other lives as well."

Local firefighters and EMTs agreed, and showed up at her school to commend her quick thinking and actions.

"It was really scary," says Reaghan, who recently turned 16 and received her driver's license the same day. "But I need my mom, and I sure am glad I was there when she needed me." —*Bill Holton*

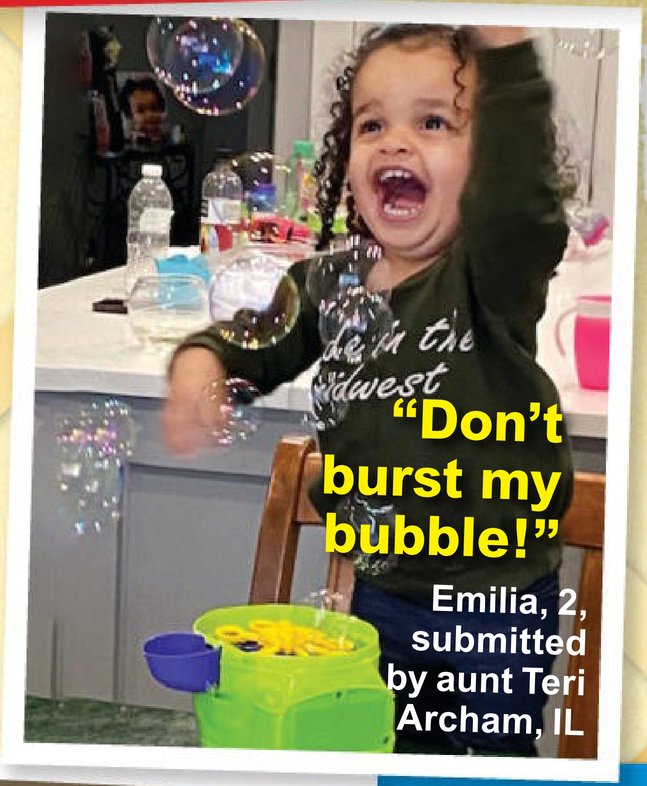
Getty; Shutterstock; Adobe Stock

Has a person or animal come to your rescue? Email the story with your name, phone number and a photo to: WWFeatures@WomansWorldMag.com. Or mail to: Everyday Hero, *Woman's World,* 270 Sylvan Ave., Englewood Cliffs, NJ 07632. By submitting your story, you are granting *Woman's World* permission to use it and your photo in the print magazine, on our website and/or in future special issue publications. Due to high volume, we are unable to return submissions received.

Love & Laughter

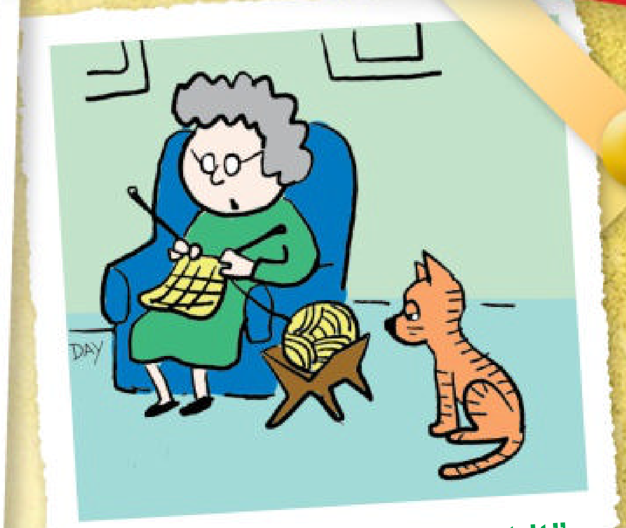
Bright-eyed baby!

Liam, 1, submitted by grandma Gail Seredni, FL

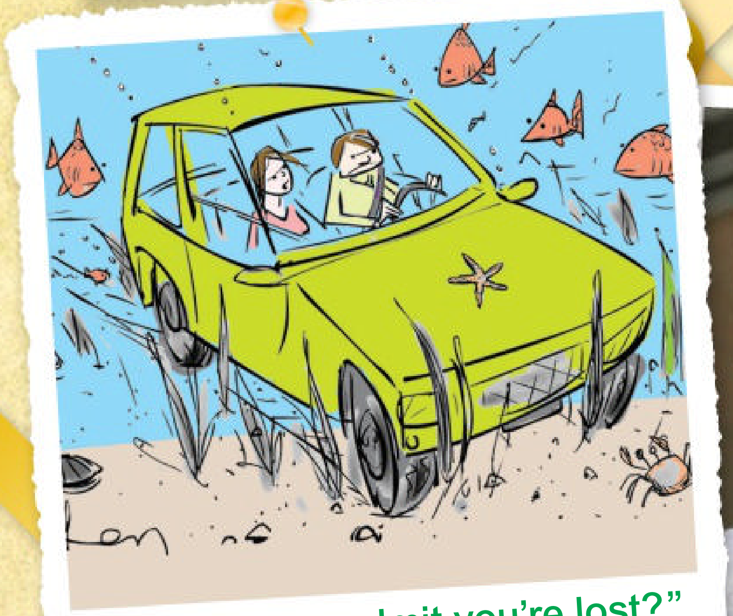


"Don't burst my bubble!"

Emilia, 2, submitted by aunt Teri Archam, IL



"Don't even think about it"



"Now will you admit you're lost?"

Dressed for success!

Roman, 3, submitted by aunt Rhonda Cook, KY

While I was having lunch with old friends one afternoon, one of them mentioned that her son was planning on proposing to his girlfriend soon. A few weeks later, I ran into her son in the supermarket and asked him about the engagement. Turns out she was talking about her other son, and to make matters worse, the son I had confronted told me he had just broken up with a girlfriend. As I left the supermarket, boy, my face was red! —*W.T., Findlay, OH*

Was my face red!

> *"As you move through life, leave a wake of kindness"*
>
> —*Margaret Hale*

"I'm getting my beauty rest!"

Sophia, 4, submitted by grandma Donna Mulqueen, WI

Swedish Fish

"When does the movie start?"

submitted by Kimber Murray, AR

Send us photos of your cutest 'babies' and you may see them in an upcoming issue of *Woman's World*!

Please include the name and age of the child or pet, as well as your name, address, phone number and relationship to the child or breed of the pet. Send to: Love & Laughter, *Woman's World,* 270 Sylvan Avenue, Englewood Cliffs, NJ 07632 or email to LoveAndLaughter@WomansWorldMag.com.

By submitting your photo, you are granting *Woman's World* permission to use it in the print magazine. Due to high volume, we are unable to return submissions received.

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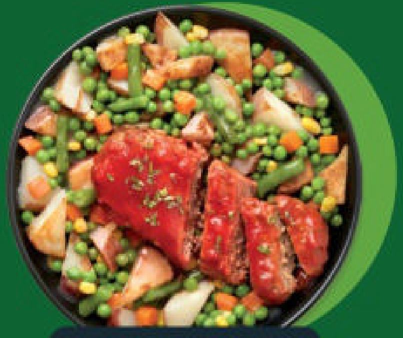
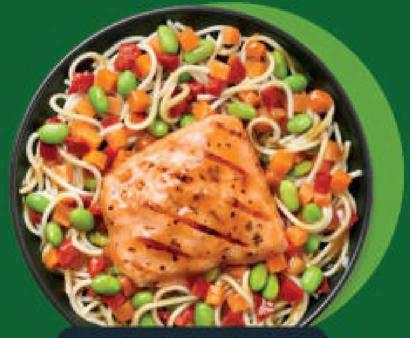


Meatloaf with Potatoes



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